DRUGS

Their Nomenclature, Composition, Use, and Dosage

T. J. TSARONG



TIBETAN MEDICAL PUBLICATIONS

HANDBOOK OF TRADITIONAL TIBETAN DRUGS:

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Compiled by
T. J. TSARONG



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To my son, Tenzin Thuthob



PUBLISHER'S NOTE

This little handbook of selected Tibetan drugs is primarily intended for the use of all those patients resorting to the traditional Tibetan natural method of treatment. We hope that it will not only dispel whatever misgivings these patients may have on those small "magical and sacred" pills dispensed by the doctors, but also satisfy both their legal as well as their moral right in knowing what exactly they are ingesting.

Scholars and researchers of this tradition will also find the handbook of immense use as it is for the very first time that an attempt has been made to bring this ancient system of medicine onto more scientific lines—an attempt that is both essential and imperative if the system is to survive and flourish in a modern scientific world.

From among thousands of Tibetan medical formulations, we have selected the following 175 drugs because of their popularity and easy availability. In fact, practically all these drugs may be purchased from the manufacturers and practitioners of Tibetan medicine in Bhutan, China, India, Mongolia, Nepal, and Tibet.

We hope that many will benefit from this work and that it will be a stepping stone towards further research and development into these formulations which have, indeed, a tremendous potential in contributing towards a more rational and safer system of healthcare.

Tibetan Medical Publications

T. J. Tsarong, an apologist for Tibetan medicine, is the founder of Himalayan Herbal Company and Tibetan Medical Publications. A gold medalist from St. Joseph's College, Darjeeling and a presidential scholar at Valparaiso University, U.S.A., the former director of H. H. the Dalai Lama's Tibetan Medical Institute, occasionally lectures and writes articles on Tibetan medicine. His other works include, *Fundamentals of Tibetan Medicine*, *Tibetan Medical Centre*, and the launching of the *TMI Newsletter*.

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CONTENTS (English)

1. A–GAR 8 (Ah-ghar) – EAGLEWOOD 8

Composition
Aquilaria agollocha, Myristica fragrans, Bambusa textilis, Saussurea lappa, Terminalia chebula, Melia composita, Commiphora camphora, Mesua ferrea

Use and Action
- accumulation of *rLung*[1] in cardiac region
- proliferation and vitiation of *rLung* giving rise to the following symptoms:
  - mental unrest
  - lethargy
  - dullness
  - inability to concentrate
  - mammary glandular and hepatic pains

Dosage
2–3gms either in the morning or at night with hot or warm water, broth, or *chang*[2]

2. A–GAR 12 – EAGLEWOOD 12

Composition
Aquilaria agollocha, Myristica fragrans, Melia composita, Bambusa textilis, Saussurea lappa, Terminalia chebula, Mesua ferrea, Eugenia caryophyllata, Hedychium spicatum, Inula racemosa, Commiphora mukul, Commiphora camphora

Use and Action
- pain in the upper back and shoulder region due to accumulation of *rLung* and blood

Dosage
2–3gms either in the morning or at night with warm water or *chang*

3. A–GAR 15 – EAGLEWOOD 15

Composition

Aquilaria agollocha, Myristica fragrans, Melia composita, Bambusa textilis, Saussurea lappa, Pterocarpus santalinus, Mesua ferrea, Terminalia chebula, Terminalia belerica, Emblica officinalis, Inula racemosa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Shorea robusta

Use and Action

- pain all over the body due to accumulation of *rLung* and blood
- cough with expectoration of frothy phelgm in the mornings

Dosage

2–3gms either in the morning or at night with warm water or *chang*

4. A–GAR 17 – EAGLEWOOD 17

Composition

Aquilaria agollocha, Terminalia chebula, Terminalia belerica, Emblica officinalis, Melia composita, Mucuna prurita, Entada scandens, Tinospora cordifolia, Chrysanthemum tatsienense, Meconopsis horridula, Saussurea lappa, Eugenia caryophyllata, Myristica fragrans, Trachyspermum ammi, Commiphora mukul, rabbit's heart, rock sugar

Use and Action

- accumulation of impure blood in kidneys and hip region
- stiffness of neck due to spreading of nephritis
- tonifies the kidneys
- accumulation of *Srog-rlung*[3] (Sog-loong) which man-

ifests the following symptoms:
- insomnia
- tinnitus
- heart palpatations
- muscular and neural stiffness
- lack of concentration
- pain in hip and nephric region

Dosage
2–3gms either in the morning or at night with hot or warm water

5. A–GAR 19 – EAGLEWOOD 19

Composition
Aquilaria agollocha, Eugenia caryophyllata, Strychnos noxvomica, Melia composita, Myristica fragrans, Picrorhiza kurroa, Crocus sativus, Commiphora mukul, Shorea robusta, Cremanthodium ellisii, Meconopsis horridula, Chrysanthemum tatsienense, Dendrobium moniliforme, Codonopsis ovata, Inula racemosa, Saussurea lappa, Aconitum spicatum, Emblica officinalis, Terminalia chebula

Use and Action
- spreading of *Bad-kan sMug-po*[4] in the upper region of the body with pain from inflammation and fever
- specifically for a *'Bam*[5] disorder that has ascended to the upper region of the body (prolonged use of this drug will eventually bring the *'Bam* to the lower region of body and hence, facilitate treatment)

Note: If this disorder is not accompanied by inflammation, substitute *Aconitum spicatum* with *Pterocarpus santalinus*

Dosage
2–3gms daily with warm water

6. A-GAR 20 – EAGLEWOOD 20

Composition

Aquilaria agollocha, Eugenia caryophyllata, Chaenomeles lagenaria, Myristica fragrans, Carthamus tinctorius, Melia composita, Inula racemosa, Bambusa textilis, deer antlers, Shorea robusta, Saussurea lappa, Strychnos noxvomica, Terminalia chebula, Fragaria nilgeernsis, Mesua ferrea, Emblica officinalis, Pterocarpus santalinus, rabbit's heart, elephant's gallstone, pearls or oyster shells

Use and Action

- stabilizes *rLung* and blood
- neurological disorders specially Parkinsonism, cerebral ischemia, numbness of extremity, partial paralysis, facial distortion especially of mouth and eyes
- hypertension
- fever or inflammation increased by *rLung*

Dosage

2–3gms daily either in the morning or at night with hot or warm water

7. A-GAR 31 – EAGLEWOOD 31

Composition

Aquilaria agollocha, Terminalia chebula, Terminalia belerica, Emblica officinalis, Myristica fragrans, Cinnamomum cecidodaphne, Carthamus tinctorius, Rubus idaeopsis, Tinospora cordifolia, Amomum subulatum, Elettaria cardamomum, Eugenia caryophyllata, Bambusa textilis, Adhatoda vasica, Mesua ferrea, Saussurea lappa, Commiphora mukul, Picrorhiza kurroa, Punica granatum, Swertia chirata, Meconopsis horridula, Santalum album, Inula racemosa, Hedychium spicatum,

Melia composita, Shorea robusta, Solms-Laubachia sp., Chrysanthemum tatsienense, Pterocarpus santalinus, Pulicaria insignis, outer bark of Aquilaria agollocha

Use and Action

- general disequilibrium of *rLung* manifesting the following symptoms:
  - Pain in upper region of body specially above the cervical and brachial plexus
  - dryness of mouth and tongue
  - insomnia
  - frequent sighing and mental depression
  - irritability and unnecessary display of anger and tantrum
  - dizziness, tinnitus, and temporary loss of consciousness due to generalized cerebral ischemia
  - muscular or neural stiffness or contraction of extremity
  - pain in waist, hip, bones, joints, and muscles
  - swelling in abdominal region

Dosage

Sprinkle 3–4gms over coal fire and inhale through mouth and nose whenever needed.

Note: This formulation is available in incense-stick form under the trade name of NIRVANA and is manufactured by Himalayan Herbal Co., P.O. Box 8, Gangtok, Sikkim, India.

8. A–GAR 35 – EAGLEWOOD 35

Composition

Aquilaria agollocha, Terminalia chebula, Terminalia belerica, Emblica officinalis, Myristica fragrans, Bambusa textilis, Adhatoda vasica, Mesua ferrea, Saussurea lappa, Commiphora mukul, Picrorhiza kurroa, Punica

granatum, Swertia chirata, Meconopsis horridula, Melia composita, Shorea robusta, Solms-Laubachia sp., Cinnamomum cecidodaphne, Carthamus tinctorius, Rubus idaeopsis, Tinospora cordifolia, Amomum subulatum, Elettaria cardamomum, Eugenia caryophyllata, Santalum album, Inula racemosa, Hedychium spicatum, Chrysanthemum tatsienense, Pterocarpus santalinus, Pulicaria insignis, outer bark of Aquilaria agollocha, Strychnos noxvomica, Aconitum spicatum, wild yak's heart, musk

Use and Action

- for general *rLung* accompanied by fever or inflammation which causes dizziness and insomnia
- pain in upper back due to excess of *rLung* and blood
- difficulty in breathing
- unlocalized pain

Note: This is a very safe and gentle drug for general *rLung*

Dosage

2–3gms daily either in the morning or at night with hot water or *chang*

9. A-PHYAG DRUG-THANG (Ah-Chak dhook-thung) – DECOCTION OF CHRYSANTHEMUM 6

Composition

Chrysanthemum tatsienense, Arenaria glanduligera, Terminalia chebula, Veronica ciliata, Picrorhiza kurroa

Use and Action

- inflammation of lungs
- blood in sputum

Dosage
Decoct 3–4gms in water to 1/3 level and take twice or thrice daily

10. A–RU 7 (Ah-rhoo) – MYROBALAN 7

Composition
Terminalia chebula, Mesua ferrea, Eugenia caryophyllata, Piper longum, Herpetospermum caudigerum, Amomum subulatum, Nardostachys jatamansi

Use and Action
- general splenic disorders
- subsides swollen or enlarged spleen due to a disorder or injury
- swollen and rumbling in abdominal region due to a splenic disorder
- normalizes dark or reddish-brown lips

Dosage
2–3gms thrice daily with hot water

11. A–RU 10 – MYROBALAN 10

Composition
Terminalia chebula, Rubia cordifolia, Carthamus tinctorius, Mucuna prurita, Elettaria cardamomum, Symplocos crataegoides, Swertia chirata, Cupressus torulosa, vermilion, shilajit (mineral pitch)

Use and Action
- inflammation of the kidneys giving rise to pain in kidneys, hips, thighs and feet

Dosage
2–3gms twice or thrice daily with hot water

12. A-RU 18 – MYROBALAN 18

Composition

Terminalia chebula, Rubia cordifolia, Carthamus tinctorius, Mucuna prurita, Elettaria cardamomum, Symplocos crataegoides, Swertia chirata, Cupressus torulosa, vermilion, mineral pitch, Eugenia jambolana, Verbascum thapsus, Caesalpinia bonducella, crab shell, musk, Malva verticillata, A-'bras, Aconitum spicatum

Use and Action

- imbalance of kidney channels
- inflammation of kidneys
- pain in hip and waist region
- kidney disorder giving rise to stooping of body

Dosage

2–3gms once daily in the afternoon with warm water

13. A-RU 23 – MYROBALAN 23

Composition

Terminalia chebula, Rubia cordifolia, Carthamus tinctorius, Mucuna prurita, Elettaria cardamomum, Symplocos crataegoides, Swertia chirata, Cupressus torulosa, vermilion, mineral pitch, Angelica sp., Polygonatum cirrhifolium, Asparagus spinosissimus, Mirabilis himalaica, Tribulus terrestris, A-'bras, Caesalpinia bonducella, Eugenia jambolana, musk, Terminalia belerica, Emblica officinalis, Thlaspi arvense, Areca catechu

Use and Action

- renal disorders
- weakened, enlarged or shrunken kidneys

Dosage

2–3gms daily with warm water

14. A–RU 25 – MYROBALAN 25

Composition

Terminalia chebula, Terminalia arjuna, Emblica officinalis, Terminalia belerica, Myristica fragans, Amomum subulatum, Elettaria cardamomum, Eugenia caryophyllata, Bambusa textilis, Carthamus tinctorius, Santalum album, rhino's horn, gallstone of ox or elephant, Piper longum, Saussurea lappa, Foeniculum vulgare, Nigella sativa, Cinnamom zeylanicum, Glycyrrhiza glabra, Fragaria nilgeernsis, Verbascum thapsus, crab shell, mineral pitch, Mucuna prurita

Use and Action

- disorder affecting the renal nerves
- blood disorder affecting the kidneys

Dosage

2–3gms daily with warm water

15. A–RU 35 – MYROBALAN 35

Composition

Terminalia chebula, Carthamus tinctorius, Rubia cordifolia, Mucuna prurita, Symplocos crataegoides, Swertia chirata, Cupressus torulosa, mineral pitch, Gya-tsod (a type of salt), Elettaria cardamomum, Terminalia belerica, Emblica officinalis, Caesalpinia bonducella, Eugenia jambolana, A-'bras, crab shell, Verbascum thapsus, Malva verticillata, Mirabilis himalaica, Acorus calamus, Aconitum spicatum, musk, Tribulus terrestris, Polygonatum cirrhifolium, Phlogacanthus pubinervius, mineral pitch, Tinospora cordifolia, Shorea robusta, Cassia tora, Cannabis sativa, vermilion, Sinapsis alba, saltpetre, Saussurea lappa, donkey's blood.

Use and Action

- inflammation and vitiation of kidney channels
- pain around hip and waist region
- gout, arthritis, and serumal disorders
- pus in urine

Dosage

1–1.5gms daily either in the morning or at night with warm water

16. A-RU-sMAN-NAG (Ah-rhoo mhen-nak) – BLACK MEDICINAL MYROBALAN

Composition

Terminalia chebula, Piper longum, Punica granatum, Acorus calamus, musk, Myricaria bracteata, Rhododendron aff. cephalanthum, Tribulus terrestris, Myristica fragrans, Elettaria cardamomum, Cucurbita pepo, Cuscuta chinensis or japonica

Use and Action

- pacifies both 'hot' and 'cold'[6] disorders
- alleviates the common cold

Dosage

2–3gms daily with hot water

17. A-WA 15 (Ah-wha) – CAREX 15

Composition

Calcite, Bambusa textilis, Carthamus tinctorius, Saussurea lappa, Commiphora mukul, Terminalia chebula, Terminalia belerica, Emblica officinalis, Glycyrrhiza glabra, snake eyes, Carum carvi, Meconopsis grandis, mineral pitch, iron, mDung-rtze

Use and Action
- opthalmic disorders
- opthalmic tonic

Dosage
2–3gms in the morning with hot water

18. A-ZHI mNYAM-bSRES (Ah-she nyam-sey) – MIXTURE OF PACIFYING MYROBALAN

Composition
Terminalia chebula, Herpetospermum caudigerum, Eugenia caryophyllata, Nardostachys jatamansi, Mesua ferrea, Piper longum, Amomum subulatum, Inula racemosa, Hedychium spicatum, Rheum palmatum, calcite, soda

Use and Action
- splenic disorders
- enlargement of spleen bringing about pain
- flatulence, eructation, and indigestion

Dosage
2–3gms thrice daily with hot water

19. AIN-DRA bZHI-THANG (In-dra she-thung?) – FOUR DECOCTIONS OF POWER

Composition
Holarrhena antidysenterica, Aconitum heterophyllum, Geranium sp., Aristolochia moupinensis

Use and Action
- inflammation of large and small intestines

Dosage
Decoct 3gms in water to 1/3 level and take twice or thrice daily

20. ANG-BHI DRUG-sBYOR (Ahung-bhee dhook-jhor) – SIX COMPOUNDS OF ANG-BHI

Composition
Glycyrrhiza glabra, Coriandrum sativum, Malva verticillata, Astragalus yunnanensis, Emblica officinalis, Pedicularis anas Maxim. var. tibetica

Use and Action
· diuretic and opens up blocked channels

Dosage
2–3gms daily at morning or night with hot water

21. AUG-CHOS 5 (Ook-choe) – INCARVILLEA 5

Composition
Incarvillea younghusbandii, musk, Saussurea lappa, Allium sativum, clarified butter

Use and Action
· deafness, exudation of pus, and pain in the auditory apparatus
· analgesic
· anti-inflammatory

Dosage
2gms daily with hot water

22. AUG-CHOS 7 – INCARVILLEA 7

Composition
Incarvillea younghusbandii, Carthamus tinctorius, Carex sp., Carum carvi, Drosera pettata, Rhododendron aff. cephalanthum, Iris ensata

Use and Action
- sudden deafness
- tinnitus

Dosage
2 gms daily with hot water

23. AUT-PAL 8 (Ooth-pell) – BLUE POPPY 8

Composition
Meconopsis grandis, Bambusa textilis, Carthamus tinctorius, Aristolochia moupinensis, Hippophae rhamnoides, Glycyrrhiza glabra, Vitis vinifera, Emblica officinalis

Use and Action
- controls excess blood from the liver into the stomach linings

Dosage
2–3gms daily with warm water

24. BI-MA-LA (Bee-ma-la) – BHIM MITRA

Composition
Myristica fragrans, Terminalia chebula, Shorea robusta, Aquilaria agollocha, Carex sp., Ferula jaeschkeana, Bambusa textilis, Amomum subulatum, Elettaria cardamomum, Eugenia caryophyllata, Carthamus tinctorius, Carum carvi, Santalum album, Pterocarpus santalinus, Terminalia belerica, Emblica officinalis, Melia composita, Allium sativum, Geranium sp.

Use and Action

· *rLung* of the heart whose symptoms are:
  discomfort in cardiac region
  lack of concentration and forgetfulness
  pain in chest and upper back of body
  despondency, fatigue, nervousness
  shortness of breath through anger and hatred
  cerebral ischemia

Dosage

2–3gms twice daily either in the morning or night with hot water

25. BLON-PO gSUM-sBYOR (Loen-po soom-jhor) – COMPOUND OF THREE MINISTERS

Composition

Bambusa textilis, Carthamus tinctorius, gallstone of elephant

Use and Action

· febrifuge for children

Dosage

2–3gms once daily with warm water

26. BONG-dKAR 13 (Bong-kar) – ACONITE 13

Composition

Aconitum heterophyllum, Herpetospermum caudgerum, Gentiana tibetica, Swertia chirata, Veronica ciliata, Ixeris gracilis, Picrorhiza kurroa, Berberis distyophylla, Hypercoum leptocarpum, Chrysosplenium nepalenses, gallstone, Carthamus tinctorius, Holarrhena antidysenterica, mineral pitch

Use and Action

- excess of over-nutritious, greasy food and beverages manifesting the following symptoms:
  headache, bitter taste in mouth, yellowish sclera, fever and thirst, lethargy, nausea, and emesis

Dosage

2–3gms daily either in the morning or noon with hot or warm water

27. BONG-dKAR bZHI-THANG (Bong-kar she-thung) – FOUR DECOCTIONS OF ACONITE

Composition

Aconitum heterophyllum, Glycyrrhiza glabra, Gentiana filistyla, Bambusa textilis

Use and Action

- febrifuge and anti-inflammatory
- expectorant
- alleviates pain from inflammation of throat, lungs, and eyes

Dosage

2–5gms twice or thrice daily

28. BONG-dMAR 7 (Bong-mar) – RED ACONITE 7

Composition

Aconitum spicatum, Terminalia chebula, Terminalia belerica, Emblica officinalis, Pterocarpus santalinis, Picrorhiza kurroa, Dracocephalum tanguticum

Use and Action

- meat poisoning
- difficulty in swallowing both foodstuffs and beverages

Dosage
2–3gms daily either in the morning or at night with hot water

29. BRAG-KHUNG RIL-BU (Duck-kyoong rheel-bhoo) – CLIFF-GARUDA PILL

Composition
Concentrate of mineral pitch, Carthamus tinctorius, Elettaria cardamomum, Aconitum spicatum, Geranium sp., Saussurea lappa, Terminalia chebula, Aconitum heterophyllum, Nardostachys jatamansi, Commiphora mukul, musk, bear's bile, Acorus calamus

Use and Action
· pain in stomach from inflammation
· passing of blood in stool
· febrifuge

Dosage
1–2gms twice daily with hot water

30. BRAG-ZHUN 9 (Duck-shüen) – SHILAJIT 9

Composition
Shilajit (mineral pitch) concentrate, Carthamus tinctorius, Ellettaria cardamomum, Terminalia chebula, Aconitum heterophyllum, Nardostachys jatamansi, Geranium sp., bear's bile, musk

Use and Action
· inflammation of stomach and intestines
· diarrhea

Dosage
2–3gms thrice daily

31. BRE-GA 13 (Dey-gah) – THLASPI 13

Composition

Thalaspi arvense, Symplocos crataegoides, Rubia cordifolia, Sabina recurva, Terminalia chebula, Herpetospermum caudgerum, Elettaria cardamomum, Mucuna prurita, Veronica ciliata, Caesalpinia bonducella, Eugenia jambolana, Thalaspi arvense, rGya-skyegs

Use and Action

- urinary bladder disorders specially ureteritis
- pain in pelvic region and the kidneys
- swelling of knees and the testicles

Dosage

2–3gms daily at night with hot or warm water

32. BU-brTZAS TZAN-DAN 18 (Bhoo-tseh tsen-dhen) – PARTURIENT SANDALWOOD 18

Composition

Pterocarpus santalinus, Hypercoum leptocarpum, Nardostachys jatamansi, Hedychium spicatum, Picrorhiza kurroa, Mesua ferrea, Aristolochiá moupinensis, Myristica fragrans, Terminalia chebula, Terminalia belerica, Emblica officinalis, Santalum album, Herpetospermum caudgerum, Curcurbita pepo, Holarrhena antidysenterica, Elettaria cardamomum, Rubia cordifolia, Carthamus tinctorius

Use and Action

- for the following symptoms after parturation:
  - fever and inflammation
  - chilly sensation
  - cough
  - headache and pain in upper region of body
  - insomnia

Dosage
2–3gms thrice daily with hot water

33. BYA-KYUNG sNGON-PO (Jha-kyoong ngon-po) – BLUE GARUDA BIRD

Composition
Aconitum balfourii, Terminalia chebula, Inula racemosa, Commiphora mukul, Pterocephalus hookeri, Geranium sp., Picrorhiza kurroa, Rhodiola sp., Oxytropis chiliophylla

Use and Action
- dysentery
- general fever from inflammations
- specifically for inflammations of the lungs and throat from influenza

Dosage
1–2gms in the afternoon with hot water

34. BYI-THANG 7 (Jhee-thung) – EMBELIA 7

Composition
Embelia ribes, Allium sativum, Butea frondosa, Cannabis sativa, Iris ensata, Artemisia nestita, musk

Use and Action
- anthelmintic
- hemorrhoides

Dosage
2–3gms once in the morning with hot water on empty stomach. This drug can also be applied into the rectum or on itchy skin with a cream or petroleum jelly base.

35. 'BAM-sMAN 7 (Bum-mhen) – MEDICINAL 'BAM 7

Composition

Veronica ciliata, Picrorhiza kurroa, Acacia catechu, Corydalis sp., Caragana jubata, Fruit of Pyrus pashia, gallstone of elephant

Use and Action

- epistaxis (nosebleed)
- pain in upper body
- pain in hips, waist, and joints brought about by an excess of blood which has turned into a *'Bam* disorder and has descended into the lower bodily region

Dosage

1.8gms once daily with hot water

36. 'BAM-sMAN 9 – MEDICINAL 'BAM 9

Composition

Lepidium apetalum, Coriandrum sativum, Carthamus tinctorius, rock salt, Nardostachys jatamansi, Halerpestes sarmentosa, Codonopsis nervosa, Coptis teetoides, Oxytropis chiliophylla

Use and Action

- swollen and bruised legs due to *'Bam*
- stiffness or contraction of Tibial nerve specially behind the hollow of knee making it painful to put weight on the heel

Dosage

1.3gms of drug mixed with the juice of Tibetan radish and taken once daily

37. 'BOL-sMAN 7 (Bhoel-mhen) – MEDICINAL SOFTENER 7

Composition

Carthamus tinctorius, Dracocephalum tanguticum, Meconopsis grandis, Herpetospermum caudgerum, Aconitum heterophyllum, Veronica ciliata, Emblica officinalis

Use and Action

- transforms 'hot' edema into 'cold' so as to facilitate its treatment

38. 'BRAS-BU gSUM-THANG (Deh-bhoo soom-thung) – TRIPLE FRUIT DECOCTION

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis

Use and Action

- febrifuge
- blood purifier
- balances blood and *rLung*
- hastens the ripening of new fever from infections
- chronic fever and fatigue

Dosage

3–5gms twice daily with a decoction boiled down to 1/3rd level

39. 'BRONG-TZE A-GAR 8 (Drong-tze ah-ghar) – MYROBALAN 8 OF 'BRONG-TZE

Composition

Aquilaria agollocha, Myristica fragrans, Cinnamomum cecidodaphne, Saussurea lappa, Chrysanthemum tat-

sienense, Eugenia caryophyllata, Aconitum balfourii, rabbit's heart

Use and Action

- accumulation of *rLung* in the *Srog-rtza*[8] (life-channel) manifesting the following symptoms:
  - anxiety and mental unrest
  - mental disorders
  - cerebral ischemia
  - pain throughout the body

Dosage

2–3gms once daily with chang, broth, or hot water

40. 'B'A-SAM sMAN-MAR (Baa-sum mhen-mar) – MEDICINAL BUTTER 'B'A-SAM

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis, Angelica sp., Asparagus spinosissimus Polygonatum cirrhifolium, Tribulus terrestris, Mirabilis himalaica, clarified butter, milk, and honey

Use and Action

- tonifies body
- promotes longevity

Dosage

3–4gms daily

41. 'B'A-SAM rDO-rJE PHA-LAM (Baa-sum dor-jey pha-lam) – 'B'A-SAM OF INDESTRUCTIBLE DIAMOND

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis, Angelica sp., Asparagus spinosissimus, Polygo-

natum cirrhifolium, Tribulus terrestris, Mirabilis himalaica, *Hyoscyamus* niger, calcite, A-'bras, Eugenia jambolana, Caesalpinia bonducella, Hedychium spicatum, Piper longum, Piper nigrum, Myristica fragrans, Orchis latifolia, crab shell, Elettaria cardamomum, molasses.

Use and Action
- renal disorders
- tonifies the kidneys
- polyurea and seminuria

Dosage
2–3gms daily either in the morning or at night with hot water

42. CHU-sMAN RIL-BU (Choo-mhen rheel-bhoo) – PILL OF MEDICINAL FLUIDS

Composition
Piper longum, black salt, mineral pitch

Use and Action
- subsides swellings
- promotes micturition

Dosage
9gms once daily with hot water

43. CHU-TZI 25 (Choo-tzi) – RHUBARB 25

Composition
Pedicularis pyramidata, Dracocephalum tanguticum, Rheum nobile, Astragalus yunnanensis, Malva verticillata, Carthamus tinctorius, crab shell, Verbascum thap-

sus, Tribulus terrestris, snail's shell, Polygonum polystachyum, Coriandrum sativum, Punica granatum, Piper longum, Caesalpinia bonducella, Elettaria cardamomum, iron, Bambusa textilis, Glycyrrhiza glabra, Rhodiola sp., Drosera pettata, Drosera sp., Aconitum balfourii, rKal-pa chu-thub, 'Bring-po

Use and Action
- both 'hot' and 'cold' urinary bladder disorders
- diuretic
- clears the urethra

Dosage
2–3gms daily with hot water

44. CONG-ZHI 6 (Choong-she) – CALCITE 6

Composition
Punica granatum, calcite, Elettaria cardamomum, Piper longum, Saussurea lappa, Carthamus tinctorius, rock sugar

Use and Action
- *Bad-kan*[9]
- burning sensations in the chest
- emesis (often sour and watery vomitus)

Dosage
2–3gms daily with hot water

45. CONG-ZHI 21 – CALCITE 21

Composition
Calcite, Veronica ciliata, Punica granatum, Elettaria cardamomum, Holarrhena antidysenterica, Dracocephalum tanguticum, Saussurea lappa, Terminalia

chebula, Piper nigrum, Herpetospermum caudgerum, Aconitum heterophyllum, Inula racemosa, Meconopsis grandis, Saxifraga pasumensis, Pterocarpus santalinus, Chaenomeles lagenaria, mineral pitch, Emblica officinalis, elephant's gallstone, Hippophae rhamnoides, Coriandrum sativum

Use and Action

emesis of sour and watery vomitus, stomachal pain, and drying of feces due to *Bad-kan sMug-po*

Dosage

2–3gms thrice daily with hot water

46. CONG-ZHI 35 – CALCITE 35

Composition

Calcite, Bambusa textilis, Amomum subulatum, Terminalia chebula, Emblica officinalis, Eugenia caryophyllata, Myristica fragrans, Carthamus tinctorius, Elettaria cardamomum, Santalum album, Pterocarpus santalinus, Saussurea lappa, Herpetospermum caudgerum, mineral pitch, Commiphora mukul, Inula racemosa, Aconitum heterophyllum, Veronica ciliata, Meconopsis grandis, Holarrhena antidysenterica, bear's bile, aged snow, Taraxacum tibeticum, Strychnos noxvomica, gallstone of elephant, mercuty (detoxified and purified), Saxifraga pasumensis, Pedicularis oliveriana, iron, Rheum emodi, Punica granatum, Dracocephalum tanguticum, Picrorhiza kurroa, Piper longum, musk

Use and Action

- heals *Bad-kan sMug-po* which manifests the following symptoms:
  - emesis of sour and watery vomitus

inflammation of the stomach and intestines
hematemesis
dryness of feces or diarrhea

Dosage
2–3gms thrice daily with hot water

47. CONG-ZHI RIL-dKAR (Choong-she rheel-kar) – WHITE PILL OF CALCITE

Composition
Calcite, Corydalis sp., Terminalia chebula, Picrorhiza kurroa, mineral pitch, honey, Vladimiria souliei

Use and Action
- inflammation of the stomach and emesis of sour and watery vomitus
- cough
- *Bad-kan sMug-po*
- hoarseness
- difficulty in inhalation

Dosage
2–3gms daily with hot water

48. CONG-ZHI gSUM-sBYOR (Choong-she soom-jhor) – FORMULATION OF CALCITE 3

Composition
Calcite, Inula racemosa, Dracocephalum tanguticum

Use and Action
- controls emesis of sour and watery vomitus from *Bad-kan sMug-po*
- sets broken bones

Dosage
2–3gms thrice daily with hot water

49. CHU-GANG 4 (Choo-ghung) – BAMBOO PITH 4

Composition
Bambusa textilis, Carthamus tinctorius, Terminalia chebula, elephant's gallstone

Use and Action
A pediatric formulation for the following symptoms:
· fever
· coughing
· enlargement of liver
· difficulty in breathing

Dosage
0.5–1.5gms thrice daily with warm water

50. CHU-GANG 9 – BAMBOO PITH 9

Composition
Bambusa textilis, Carthamus tinctorius, elephant's gallstone, Granium sp., Aconitum heterophyllum, Cinnamomum zeylanicum, Rhodiola sp., Picrorhiza kurroa, Santalum album

Use and Action
A pediatric formulation for the following symptoms:
· infections, fever and diarrhea
· coughing

Dosage
0.5–1.5gms twice daily with warm water

51. CHU-GANG 25 – BAMBOO PITH 25

Composition
Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Amomum subulatum, Aristolochia

moupinensis, Terminalia chebula, Foeniculum vulgare, Geranium sp., Lancea tibetica, Myristica fragrans, Glycyrrhiza glabra, Pterocarpus santalinus, Terminalia belerica, Saussurea lappa, Picrorhiza kurroa, Hippophae rhamnoides, Elettaria cardamomum, Vitis vinifera, Santalum album, Emblica officinalis, Rhodiola saera, Arenaria granduligera, Incarvillea younghusbandii, elephant's gallstone, Tsar-bong

Use and Action

- anti-inflammatory
- removes pus
- relieves coughing
- dyspnea from chronic bronchitis or pus in the lungs
- chest pains and discharge of blood in sputum
- lack of strengh in the limbs
- loss of bodily weight
- cold sweat

Dosage

2–3gms thrice daily with hot water

52. CHU-GANG bDE-BYED CHUNG (Choo-ghung dhey-jhey chooing) – LESS COMFORTING BAMBOO PITH

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Punica granatum, Meconopsis grandis, Piper longum, Cinnamomum zeylanicum

Use and Action

- promotes appetite
- balances 'hot' and 'cold' disorders

Dosage

2–3gms daily with hot water

53. CHU-GANG bDE-BYED 'BRING-BA (Choo-ghung dhey-jhey dhing-wa) – MEDIUM COMFORTING BAMBOO PITH

Composition
Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Punica granatum, Meconopsis grandis, Piper longum, Cinnamomum zeylanicum, Vitis vinifera, Glycyrrhiza glabra

Use and Action
- promotes appetite
- balances 'hot' and 'cold' disorders
- chronic cough

Dosage
2–3gms daily with hot water

54. CHU-GANG bDE-BYED CHE (Choo-ghung dhey-jhey chey) – GREATER COMFORTING BAMBOO PITH

Composition
Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Punica granatum, Meconopsis grandis, Piper longum, Cinnamomum zeylanicum, Vitis vinifera, Glycyrrhiza glabra, Santalum album, elephant's gallstone.

Use and Action
- promotes appetite
- balances 'hot' and 'cold' disorders
- chronic cough, chronic inflammation of heart, and 'hidden fever'.[10]

55. lCAGS-PHYE lNGA-THANG (Chuck-chey nga-thung) – DECOCTION OF POWDERED IRON 5

Composition
Iron powder, Terminalia chebula, Terminalia belerica, Emblica officinalis, Rubus idaeopsis.

Use and Action
- antipyretic
- improves eye-sight
- controls constant secretion of lacrimal glands and cloudy vision due to *rLung*
- inflammation of eyelids

Dosage
3–5gms once daily

56. lCHUM-rTZA 15 (Choom-tza) – RHUBARB 15

Composition
Rheum palmatum, Inula racemosa, calcite, Terminalia chebula, soda, vermilion, Angelica sp., Bambusa textilis, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Eugenia caryophyllata, borax

Use and Action
- indigestion
- acute and chronic *rLung*, *mKhris-pa*,[11] and *Bad-kan*
- specifically for irregular mensuration

Dosage
2–3gms once in the morning with hot water

57. 'CHI-MED SRIN-SEL (Chey-mey seen-sel) – DESTRUCTION OF UNDYING MICROORGANISMS

Composition
Aconitum spicatum, Terminalia chebula, Saussurea lappa, Acorus calamus, musk, Embelia ribes

Use and Action

- anthelmintic
- destroys intestinal parasites, and microorganisms affecting the head, tooth, anal region, and the skin
- general 'hot' and 'cold' disorders caused by parasites and microorganisms
- specifically for sudden pains caused by inflammatory infections

Dosage

2–3gms once daily with hot or warm water

58. DA-LI 16 (Dha-lee) – RHODODENDRON 16

Composition

Rhododendron aff. cephalanthum, Punica granatum, Piper longum, Eugenia caryophyllata, Melia composita, Glycyrrhiza glabra, Bambusa textilis, Saussurea lappa, Vitis vinifera, Aquilaria agollocha, Elettaria cardamomum, Carthamus tinctorius, Myristica fragrans, Cinnamomum zeylanicum, Geranium sp., crab shell.

Use and Action

- *rLung* and *Bad-kan sKya-rbab*[12]
- digestive
- diuretic
- relieves cough
- swelling of body
- pain and swelling in chest region
- trachyphonia, vertigo, disagreeable area and climate

Dosage

2–3gms thrice daily with hot water

59. DA-LI 18 – RHODODENDRON 18

Composition

Rhododendron aff. cephalanthum, Amomum subulatum, Terminalia chebula, Santalum album, Terminalia belerica, Pterocarpus santalinus, Emblica officinalis, Symplocos crataegoides, Bambusa textilis, Rubia cordifolia, Carthamus tinctorius, vermilion, Myristica fragrans, Gentiana tibetica, Eugenia caryophyllata, Cinnamomum zeylanicum, Elettaria cardamomum, Aquilaria agollocha

Use and Action

- vasodilator
- disorder of the nerves
- paralysis of the extremity
- Parkinsonism
- distortion of the eyes and the mouth

Dosage

2–3gms thrice daily with hot water

60. DANGS-MA gNAS-sBYOR (Dhung-ma neh-jhor) – MAINTAINER OF THE SITE OF ESSENCES

Composition

Punica granatum, Cinnamomum zeylanicum, Piper longum, Elettaria cardamomum, Carthamus tinctorius

Use and Action

- clears discomfort due to an admixture of both a 'hot' (blood and *mKhris-pa*) and a 'cold' (*rLung* and *Bad-kan*) disorder
- promotes bodily heat
- promotes the flow of digestive enzymes and salivary amaltase

- indigestion due to lack of bodily heat (specially of the digestive system)
- promotes the proper functioning of bodily sustainers known as *Lus-zung*[13]

Dosage
2–3gms daily with hot water.

61. DREG-THANG (Dhek-thung) – GOUT DECOCTION

Composition
Tinospora cordifolia, mineral pitch, Terminalia chebula

Use and Action
- anti-inflammatory and analgesic
- swelling and pain of soles and joints due to gout and rheumatoid arthritis

Dosage
3–5gms decocted to 1/3rd water level and taken twice daily

62. DUG-NYUNG bZHI-THANG (Dhook-nyoong she-thung) – DECOCTIONAL HOLARRHENA 4

Composition
Holarrhena antidysenterica, Aconitum heterophyllum, Geranium sp., Aristolochia moupinensis

Use and Action
- anti-inflammatory and antipyretic
- specifically for inflammation of intestines accompanied by intense pain and diarrhea

Dosage
3gms twice daily with hot water

63. DZA-TI 20 (Zah-thee) – NUTMEG 20

Composition

Myristica fragrans, Aquilaria agollocha, Melia composita, Coriandrum sativum, Allium sativum, Ferula jaeschkeana, Terminalia chebula, Terminalia belerica, Emblica officinalis, Santalum album, Pterocarpus santalinus, Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Elettaria cardamomum, Amomum subulatum, Shorea robusta, Acacia catechu, elephant's gallstone, Geranium sp.

Use and Action

· subsides *Srog-rLung* and promotes mental well being
· increases concentration and promotes sleep
· lessens anger, irritability, tension, and anxiety
· soothes the nerves and curbs tinnitus

Dosage

2–3gms twice daily with hot water, broth, *chang* or warm milk

64. bDE-BYED sNYOMS-IDAN (Dhey-jhey Nyomdhen) – BALANCING COMFORTER

Composition

Calcite, Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Hedychium spicatum, Piper longum, Piper nigrum, Rhododendron aff. cephalanthum, aged snow deposits, salt, radish, Inula racemosa, Coriandrum sativum, Hippophae rhamnoides.

Use and Action

· all types of *Bad-kan* mixed either with *rLung* or *mKhris-pa* which manifests the following symptoms:

lack of stomachal heat which consequently weakens the normal function of the stomach and thereby causes anorexia, indigestion, and stomachal tumours
formation of 'iron rust' on stomachal linings
discomfort in stomach and liver
lymphatic disorders, skin disorders, and itching

Dosage
2–3gms daily in the morning with hot water

65. bDE-MYUG (Dhey-ngyook) – REED OF COMFORT

Composition
Bambusa textilis, Emblica officinalis, mineral pitch, sodium choloride, Carthamus tinctorius, snake meat, Elettaria cardamomum, Terminalia chebula, Saussurea lappa, Piper longum, Coriandrum sativum, Punica granatum, Veronica ciliata, Hippophae rhamnoides, Inula racemosa, Meconopsis grandis, iron powder.

Use and Action
- *Bad-kan sMug-po*
- pain along with the emesis of sour and watery vomitus,
- inflammation of the stomach
- indigestion
- hematemesis
- irregularity of menses
- pain during mensuration

Dosage
2–3gms thrice daily with hot water

66. bDUD-rTZI RIL-dKAR (Deu-tzi rheel-kar) – WHITE PILL OF NECTAR

Composition

Ash of a fossilized stone (*Bya-rdo*), Hedychium spicatum, black salt, Hippophae rhamnoides, Piper longum

Use and Action

- digestive and promotes stomachal heat
- disintegrates stomachal tumours and mucus
- removes *Bad-kan sKya-rbab*
- dries up *'or*[14] and *dMu-chu*[15]
- acts like a nectar for colic and 'cold' parasites[16]

Dosage

2–3gms daily with hot water

67. GA-BUR 25 (Gha-bhoor) – CAMPHOR 25

Composition

Commiphora camphora, Bambusa textilis, Crocus sativum, Eugenia caryophyllata, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Aquilaria agollocha, Pterocarpus santalinus, Santalum album, Meconopsis grandis, Mesua ferrea, Foeniculum vulgare, Saussurea lappa, Glycyrrhiza glabra, Nardostachys jatamansi, Aristolochia moupinensis, Chu-srin sDer-mo, Dendrobium moniliforme, accumulated soil on rocks, Hydrocotyle nepalensis, Terminalia chebula, Terminalia belerica, Emblica officinalis, rock sugar

Use and Action

- febrifuge against all types of fever ('spreading', 'vitiated', 'contagious', 'poisonous', 'old', and 'new'[17]
- gout
- arthritis

· *Me-bal*[18]
· specially effective against chronic fever

Dosage
2–3gms once daily with hot water

68. GAR-NAG 10 (Ghar-nhak) – BLACK CAMPHOR 10

Composition
Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum, Piper longum, Terminalia chebula, Herpetospermum caudgerum, sodium chloride, Holarrhena antidysenterica, bear's bile, black camphor, Terminalia belerica

Use and Action
· hepatitis
· lack of appetite due to nausea
· indigestion
· general *mKhris-pa* disorder mixed with other disorders such as tumours due to *Bad-mkhris*
· specially effective against 'cold' *mKhris-pa* (*Bad-kan* and *rLung*)

Dosage
2–3gms once daily at noon with hot water.

69. GI-WANG 9 (Ghee-whung) – GALLSTONE 9

Composition
Carthamus tinctorius, Aristolochia moupinensis, elephant's gallstone, Saussurea lappa, Herpetospermum caudgerum, Meconopsis grandis, Veronica ciliata, mineral pitch, Swertia chirata.

Use and Action
- enlargement of liver

Dosage
2–3gms daily at noon with hot water

70. GI-WANG 13 – GALLSTONE 13

Composition
Bear's bile, Emblica officinalis, Carthamus tinctorius, Veronica ciliata, Glycyrrhiza glabra, Punica granatum, rhino's horn, Picrorhiza kurroa, mineral pitch, Rubia cordifolia, elephant's gallstone, Rhodiola saera, rGya-skyegs

Use and Action
- blood in feces
- hematemesis (vomiting of blood)
- menorrhagia
- blood oozing from the nine cavities

Dosage
2–3gms daily with hot water

71. GLANG-CHEN 18 (1) (Lhung-chen) – ELEPHANT 18 (1)

Composition
Carthamus tinctorius, Meconopsis grandis, Aristolochia moupinensis, Saussurea lappa, Veronica ciliata, Herpetospermum caudgerum, mineral pitch, elephant's gallstone, Swertia chirata, Inula racemosa, Coriandrum sativum, Emblica officinalis, Bambusa textilis, Eugenia caryophyllata, Aquilaria agollocha, Pterocarpus santalinus, Corydalis sp.,

Use and Action

- inflammation of liver
- *Bad-kan sMug-po*
- blood from *'Bam* disorder which rises to upper part of back and causes pain

Dosage

2–3gms daily at noon with hot water

72. GLANG-CHEN 18 (2) – ELEPHANT 18 (2)

Composition

Bambusa textilis, Emblica officinalis, mineral pitch, sodium chloride, Carthamus tinctorius, snake meat, Elettaria cardamomum, Terminalia chebula, Saussurea lappa, Piper longum, Coriandrum sativum, Punica granatum, Veronica celiata, Hippophae rhamnoides, Inula racemosa, Meconopsis grandis, iron powder

Use and Action

- *Bad-kan sMug-po*
- emesis of sour and watery vomitus accompanied with pain
- inflammation of the stomach
- indigestion
- dryness of the feces
- hematemesis
- irregularity of menses
- pain during mensuration

Dosage

2–3gms thrice daily with hot water

73. GLO-sMAN bDUD-rTZI 'CHI-SOS (Lho-mhen dheu-tzi chee-soe) – PULMONARY MEDICINE OF DEATH-HEALING NECTAR

Composition
Santalum album, Bambusa textilis, elephant's gallstone, Carthamus tinctorius, Vitis vinifera, Glycyrrhiza glabra, Hippophae rhamnoides, Rhodiola saera, Punica granatum, Foeniculum vulgare, Saussurea lappa, Picrorhiza kurroa, Lancea tibetica, Meconopsis grandis, Fragaria nilgeernsis

Use and Action
- acute and chronic cough
- pus in phlegm

Dosage
2–3gms twice daily with hot water

74. GLO-TSAD KUN-SEL (Lho-tsé Küen-sill) – ELIMINATOR OF LUNG INFLAMMATIONS

Composition
Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Santalum album, Pterocarpus santalinus, Geranium sp., Terminalia chebula, Aconitum balfourii, Commiphora mukul, musk, Saussurea lappa, vermilion, Rhodiola sp..

Use and Action
- anti-inflammatory
- subsides cough and relieves chest congestion
- expectorant

Dosage
2–3gms at noon with hot water

75. GO-YU 13 (Ghoo-yoo) – BETEL-NUT 13

Composition
Areca catechu, Cinnamomum zeylanicum, Elettaria cardamomum, Piper longum, Zingiber officinale, A-'bras, Caesalpinia bonducella, Eugenia jambolana, mineral pitch, musk, Mucuna prurita, Malva verticillata, Punica granatum

Use and Action
- all types of renal disorders
- tonifies the seven bodily sustainers (*lus-zung*)

Dosage
2–3gms daily with hot water

76. GO-YU dGU-sBYOR (Ghoo-yoo ghoo-jhor) – FORMULATION OF BETEL-NUT 9

Composition
Areca catchu, Mucuna prurita, mineral pitch, musk, A-'bras, Caesalpinia bonducella, Eugenia jambolana, Elettaria cardamomum, Thlaspi arvense.

Use and Action
- renal disorders
- kidney tonic

Dosage
2–3gms daily with hot water

77. GRUB-THOB RIL-dKAR (Dhroob-thob rheel-kar) – YOGIC'S WHITE PILL[19]

Composition
Terminalia chebula, Picrorhiza kurroa, calcite, Corydalis sp., Prunus armeniaca, mineral pitch, honey

Use and Action
- for all minor disorders
- specifically for *Bad-kan* and blood disorders

Dosage
2–3gms once in the morning with hot water.

78. GUR-GUM 8 (Ghoor-ghoom) – SAFFLOWER 8

Composition
Carthamus tinctorius, bear's bile, Pisum sativum, Pterocarpus santalinus, cinnibar, Herpetospermum caudgerum, Fragaria nilgeernsis, Dendrobium moniliforme.

Use and Action
- *Bad-kan sMug-po* bursting upward and thereby giving rise to emesis or downward giving rise to diarrhea
- excessive bleeding of major blood vessels through accidents and other causes
- epistaxis
- coagulant

Dosage
2–3gms daily with hot water

79. GUR-GUM 9 – SAFFLOWER 9

Composition
Carthamus tinctorius, bear's bile, Ephedra saxatilis, Pterocarpus santalinus, Herpetospermum caudgerum, Fragaria nilgeernsis, Emblica officinalis, Dendrobium moniliforme, vermilion.

Use and Action
- vasoconstrictor
- coagulant

- hematemesis from *Bad-kan sMug-po*
- bursting of blood vessels in the lungs
- hematorrhea

Dosage
2–3gms twice daily with hot water

80. GUR-GUM 13 – SAFFLOWER 13

Composition
Carthamus tinctorius, Eugenia caryophyllata, elephant's gallstone, rhino's horn, vermilion, Santalum album, Caesalpinia bonducella, musk, Aconitum heterophyllum, Saussurea lappa, Terminalia chebula, Terminalia belerica, Emblica officinalis

Use and Action
- hepatic tonic
- malfunction of the liver from improper food, beverage, or poisoning
- trauma of the kidneys
- difficulty in micturition and at times without any control over urination
- pain on one side of the head from infections

Dosage
2–3gms once daily either in the morning or at noon with hot water

81. GUR-GUM mCHOG-bDUN (Ghoor-ghoom chodhuen) – MOST EXCELLENT SAFFLOWER 7

Composition
Carthamus tinctorius, Bambusa textilis, Meconopsis grandis, Aristolochia moupinensis, Swertia chirata, Terminalia chebula, Ephedra saxatilis

Use and Action

- anti-inflammatory
- tonifies the liver
- acute, chronic, and enlargement of the liver
- pain in the hepatic region
- loss of appetite

Dosage

2–3gms twice daily with hot water

82. rGUN-'BRUM 7 (1) (Guen-doom) – GRAPE 7 (1)

Composition

Vitis vinifera, Bambusa textilis, Carthamus tinctorius, Glycyrrhiza glabra, Cinnamomum zeylanicum, Punica granatum, Juncus amplifolius.

Use and Action

- cough and general pulmonary disorder
- difficulty in breathing

Dosage

2–3gms twice or thrice daily with hot water

83. rGUN-'BRUM 7 (2) – GRAPE 7 (2)

Composition

Vitis vinifera, Tinospora cordifolia, Geranium sp., Terminalia chebula, Dendrobium moniliforme, Gentiana tibetica, Fritillaria delavayi

Use and Action

- chronic pulmonary disorders

Dosage

2–3gms daily with hot water

84. rGYA-RU 14 (Ghya-rhoo) – MOUNTAIN GOAT 14

Composition
Horn of mountain goat, horn of rhino, antlers of deer, Carthamus tinctorius, vermilion, Pterocarpus santalinus, Myristica fragrans, Elettaria cardamomum, rGya-tsod, Punica granatum, bear's bile, Rubia cordifolia, Mirabilis himalaica, Sabina recurva.

Use and Action
- pomotes proper flow of blood
- regulates normal flow of menses
- pain in the kidneys, hips, and the lower intestines.

Dosage
2–3gms thrice daily with hot water

85. rGYAM-TSA bZHI-THANG (Gyam-tsa she-thang) – DECOCTION OF SALT 4

Composition
Sodium chloride, Hedychium spicatum, Terminalia chebula, Piper longum

Use and Action
- promotes stomachal heat
- promotes digestion
- anti-toxin

Dosage
3–5gms twice daily (note: decoct to 1/3 water level)

86. KO-BYI 13 (Kho-jhee) – NUXVOMICA[20] 13

Composition
Strychnos nuxvomica, Aquilaria agollocha, Saussurea

lappa, Inula racemosa, Myristica fragrans, Terminalia chebula, Hedychium spicatum, Melia composita, Commiphora mukul, Meconopsis horridula, Rubia cordifolia, Tinospora cordifolia, Rubus ellipticus

Use and Action

- subsides *rLung*
- analgesic
- bad blood that has accumulated in the lower part of the body
- pain in the vetebrae and the upper part of back
- shortness of breath
- vertigo
- tinnitus
- bloodshot eyes
- swelling of the gums
- reddish-brown urine and epistaxis

Dosage

2–3gms daily with hot water

87. KRAG-'KRUG KUN-SEL (Tagh-trook küen-sell) – SUBDUER OF ALL BLOOD DISORDERS

Composition

Calcite, Onosma hookeri, Inula racemosa, elephant's gallstone, Emblica officinalis, Veronica ciliata, Bambusa textilis, Glycyrrhiza glabra.

Use and Action

- inflammation of blood and when in need of phlebotomy

Dosage

2–3gms daily with hot water

88. KHYUNG-lNGA (Khoong-nga) – GARUDA 5

Composition
Terminalia chebula, Saussurea lappa, Acorus calamus, musk, Aconitum balfourii

Use and Action
- severe stomachal pains
- various inflammations of the head, ears, nose, and teeth
- pain from intestinal parasites
- tonsillitis
- itching and skin eruptions
- specifically for leprosy and serumal disorders

Dosage
1–2gms in the afternoon with hot water

89. KLU-bDUD 18 (Lhoo-deu) – CODONOPSIS 18

Composition
Codonopsis nervosa, Aconitum balfourii, Cassia tora, Corydalis meifolia, mineral pitch, Acorus calamus, Tinospora cordifolia, Terminalia chebula, Gymnadenia crassinvervis, Terminalia belerica, Commiphora camphora, Cannabis sativa, Acacia catechu, Commiphora mukul, Veronica ciliata, Emblica officinalis, Aconitum heterophyllum, Saussurea lappa.

Use and Action
- general lymphatic disorders
- anti-inflammatory
- analgesic
- antirheumatic
- swelling of feet and gout
- paranasal sinusitis, pruritis, abscesses, and leprosy

Dosage
2–3gms once at night with hot water

90. dKAR-PO DRUG-sBYOR (Kar-po drook-jhor) – SIX WHITE FORMULATIONS

Composition
Soda, calcite, Delphinium brunonianum, Inula racemosa, Hedychium spicatum, saltpetre, rock-salt

Use and Action
- lack of stomachal heat
- lack of appetite
- chest pains
- emesis of sour and watery vomitus
- halitosis
- blurred vision
- renal disorders
- 'cold' disorder
- yellowing of sclera and skin
- *rLung*, *mKhris-pa*, and *Bad-kan* (specially *sKya* and *sMug*)

Dosage
2–3gms daily with hot water

91. sKYER-SHUN 8 (Kayr-shüen) – BARBERRY BARK 8

Composition
Berberis dictyophylla, Piper longum, Emblica officinalis, Cinnamomum zeylanicum, Glycyrrhiza glabra, Carthamus tinctorius, bear's bile, musk, Chinese ink.

Use and Action
- anti-inflammatory

- analgesic
- inflammation of the ureters
- burning sensation after micturitation
- discharge of semen and blood in the urine

Dosage
2–3gms twice daily with hot water

92. sKYU-RU 25 (Kyu-rhoo) – AMLA 25

Composition
Emblica officinalis, Veronica ciliata, Coriandrum sativum, Aristolochia moupinensis, Meconopsis grandis, Picrorhiza kurroa, mineral pitch, Dracocephalum tanguticum, Pterocarpus santalinus, Dendrobium moniliforme, Geranium sp., Saussurea lappa, Tinospora cordifolia, Onosma hookeri, Swertia chirata, Inula racemosa, Terminalia chebula, Carthamus tinctorius, vermilion, Terminalia belerica, Herpetospermum caudgerum, Rubus idaeopsis, Hippophae rhamnoides.

Use and Action
- dries up 'bad' blood
- decreases high blood pressure
- exess of 'bad' blood
- pain in the liver and the gall-bladder due to high blood pressure
- hoarseness
- redness of eyes
- dryness of mouth and tongue
- brownish colour of urine
- balances the flow of menses

Dosage
2–3gms twice daily with hot water

93. 'KHRUG-GLO KUN-SEL (Trhook-lo küen-sell) – ELIMINATOR OF ALL LUNG IMBALANCES

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis, Saussurea lappa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Rhodiola sp., Cinnamomum zeylanicum, Gentiana algida, Santalum album

Use and Action

- spreading fever
- chronic inflammation of blood mixed with *rLung*
- chronic cough with expectoration of phlegm
- fever from influenza that has afflicted the lungs

Dosage

2–3gms daily either with warm water or milk

94. LI-KHYUNG RIL-BU (Lee-khyung rheel-bhoo) – PILL OF CLOVE GARUDA

Composition

Eugenia caryophyllata, Bambusa textilis, Glycyrrhiza glabra, Terminalia chebula, Aconitum spicatum, musk, Acorus calamus, Gentiana algida, Saussurea lappa, Commiphora mukul

Use and Action

- febrifuge
- anti-inflammatory
- specifically for inflammation of eyes, lungs, and throat manifesting the following symptoms:
    - buring sensation in eyes and lungs
    - pain over these areas
    - dryness of throat

coughing
hoarseness

Dosage
2–3gms twice daily with hot water

95. LI-SHI 6 (Lee-she) – CLOVE 6

Composition
Eugenia caryophyllata, Babusa textilis, Glycyrrhiza glabra, Gentiana algida, Saussurea lappa, Terminalia chebula

Use and Action
- antipyretic and antidote
- inflammation and pain in the lungs, throat, and neck regions
- hoarseness and cough

Dosage
3gms twice or thrice daily with hot water

96. MA-NU bZHI-THANG (Ma-nu she-thung) – DECOCTION OF ELECAMPANE 4

Composition
Inula racemosa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum

Use and Action
- infectious febrile disorders accompanied by cold chills and shivering
- opens up bodily pores and induces sweat
- preliminary stages of influenza when there are cold chills, headache, and pain in the hand and feet joints
- fever that has spread

Dosage
3–5gms twice daily (decoct to 1/3rd water level)

97. MAN-NGAG bSIL-sBYOR (Mhen-ngag seel-jhor) – COOLING FORMULATION OF SECRET ORAL TRADITION

Composition
Santalum album, Pterocarpus santalinus, elephant's gallstone, Bambusa textilis, Elettaria cardamomum, Aquilaria agollocha, Terminalia chebula, Meconopsis grandis, Herpetospermum caudgerum, Amomum subulatum, Eugenia caryophyllum, Carthamus tinctorius, Myristica fragrans, Piper longum, aged snow, musk, Swertia chirata, Holarrhena antidysenterica, Emblica officinalis, Saussurea lappa, Aconitum heterophyllum, Punica granatum, calcite

Use and Action
- poisoning
- *Bad-kan sMug-po*
- excess of blood
- enlargement of liver and spleen
- accumulation of 'bad' blood in the upper part of back
- excess of blood between liver and spleen
- fever specially along with *Bad-kan*

Dosage
2–3gms daily in the morning with hot water

98. MIG-NAD lDE-GU (Meeg-neh dhey-ghoo) – NINE DIVISIONS OF EYE DISORDERS

Composition
Terminalia chebula, Terminalia belerica, Emblica offi-

cinalis, iron powder, Glycyrrhiza glabra, mineral pitch, Carthamus tinctorius, Carum carvi, butter, and honey

Use and Action
- febrifuge
- inflammation of eye
- improves eye sight
- watery eyes

Dosage
6gms daily with hot water

99. MIG-sMAN sKYER-KHEN (Meek-mhen kayr-khen) – EYE MEDICINE OF BARBERRY EXTRACT

Composition
Berberis idaeopsis, Terminalia chebula, Carthamus tinctorius, Commiphora camphora, musk, bear's bile

Use and Action
- itching and reddishness of the eyes from inflammation
- pain in the eye
- watery eyes

Dosage
0.5gms in distilled water and put one drop in the eyes

100. sMAN-NAG 15 (Mhen-nhak) – BLACK MEDICINE 15

Composition
Calcite, sodium chloride, Rhododendron aff. cephalanthum, Clematis montana, Myristica fragrans,

Coriandrum sativum, saltpetre, rock salt, alum, black salt, Aconitum heterophyllum, Inula racemosa, Piper longum, Piper nigrum, Hedychium spicatum

Use and Action

- provides bodily heat
- digestive
- destroys tumours
- chronic disorders of the stomach and intestines due to sedentary life-style
- promotes appetite
- controls emesis and diarrhea
- subsides constant eructation

Dosage

2–3gms twice daily with hot water

101. sMUG-PO gYUL-rGYAL (Mhook-po yüel-gyal) – CONQUEROR OF *sMUG-PO*

Composition

Calcite, Punica granatum, Elettaria cardamomum, Piper longum, Inula racemosa, Coriandrum sativum, Meconopsis grandis, Chaenomeles lagenaria, Hippophae rhamnoides, Dracocephalum tanguticum, Emblica officinalis, Terminalia chebula, Herpetospermum caudgerum, Veronica ciliata, Holarrhena antidysenterica, Aconitum heterophyllum, elephant's gallstone, Pterocarpus santalinus, Swertia chirata, Saussurea lappa, mineral pitch.

Use and Action

- for all types of *sMug-po* disorders (advanced, hidden, imbalanced etc.) which give rise to the following symptoms:

initially, a burning sensation in the chest, emesis of sour and watery vomitus or diarrhea

- pain in the upper part of body and vertebrae

Dosage
2–3gms daily with hot water

102. NOR-BU bDUN-THANG (Nor-bhoo dhüen-thung) – SEVEN PRECIOUS DECOCTIONS

Composition
Saussurea lappa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Terminalia chebula, Terminalia belerica, Emblica officinalis

Use and Action
- clears up fever caused by inflammation of blood mixed with *rLung* that causes the imbalance of the seven bodily sustainers (*Lus-zung*)
- prevents the common cold
- promotes the ripening of fever
- controls minor fever from spreading

Dosage
Decoct 3–5gms to 1/3rd water level and take once daily, preferably in the afternoon

103. NOR-sBYOR (Nhör-jhor) – FORMULATION OF WEALTH

Composition
Curcuma longa, Carum carvi, Carthamus tinctorius, Piper longum, Tinospora cordifolia, Myristica fragrans, Eugenia caryophyllata, Angelica sp., Polygonatum cirrhifolium, Asparagus spinosissimus, Mirabilis himalaica, Tribulus terrestris

Use and Action

- opens up the channels (blood vessels and the nerves) and allows *rLung* to flow normally
- pain in the cerebral nerves
- change in the pulse and stiffening of the radial artery
- shaking of the hands

Dosage

2–3gms twice daily with hot water

104. NYI-MA'I dKYIL-'KHOR (Nyee-maye kheel-khor) – MANDALA OF THE SUN

Composition

Punica granatum, Cinnamomum zeylanicum, Piper longum, Elettaria cardamomum, Carthamus tinctorius, Malva verticillata, Anglica sp., Polygonatum cirrhifolium, Tribulus terrestris, Mirabilis himalaica, Asparagus spinosissimus, honey.

Use and Action

- due to lack of digestive heat, proper metabolic functions are impaired and subsequently they bring about disorders such as stomachal tumours, *sKya-rbab*, *'or*, *dMu-chu* and so forth. This drug is specially effective for promoting digestive heat and this, in turn, increases the bodily sustainers (*Lus-zung*) and thereby acts as an elixer and tonic
- promotes normal flow of urine
- tonic for the kidneys and urinary bladder
- stops diarrhea both from 'hot' and 'cold' causes
- effective against 'cold' disorders such as diarrhea, cold parasites, serumal disorders, and arthritis

Dosage

2–3gms daily with hot water

105. NYI-ZLA GYEN-lDOG (Nyee-dha gyen-dhog) – UPWARD-RETURNING SUN AND MOON

Composition

Veronica ciliata, Swertia chirata, Picrorhiza kurroa, Aconitum heterophyllum, Pterocarpus santalinus, Punica granatum, Elettaria cardamomum, Carthamus tinctorius, bear's bile, Curcuma longa, Cupressus sp., Push-ra-ba.

Use and Action

- blood disorders
- abnormal discharge of blood and semen due to renal disorders

Dosage

2–3gms daily with a decoction of *Rubia cordifolia, Onosma hookeri*, and *rGya-skyegs*.

106. dNGUL-CHU 18 (Ngul-choo) – MERCURY 18

Composition

Purified and detoxified mercury, Cannabis sativum, Bambusa textilis, Commiphora mukul, Carthamus tinctorius, Terminalia chebula, Eugenia caryophyllata, Ferula jaeschkeana, Myristica fragrans, Acorus calamus, Elettaria cardamomum, Amomum subulatum, Aconitum balfourii, Cinnamomum camphora, Oxytropis chiliophylla, Cassia tora, musk, Acacia catechu

Use and Action

- anti-inflammatory
- analgesic
- anti-rheumatic
- dries up serum and uric acid

- relieves pain in the joints of the hands, feet, and vertebrae
- inflammation of the joints which turn reddish-brown
- sinus disorders
- clears up itching and small pimples scattered throughout the body

Dosage
1gm daily with hot water

107. dNGUL-CHU 25 – MERCURY 25

Composition
Purified and detoxified mercury, Carthamus tinctorius, Bambusa textilis, Elettaria cardamomum, Amomum subulatum, Myristica fragrans, Eugenia caryophyllata, Commiphora mukul, Acorus calamus, musk, Oxytropis chiliophylla, sulphur, Commiphora camphora, Cassia tora, Cannabis sativum, Verbascum thapsus, Mucuna prurita, Caesalpinia bonducella, Eugenia jambolana, A'-'bras, Gnaplium affine, Ferula jaeschkeana, rock salt, Saussurea lappa, mineral pitch.

Use and Action
- epilepsy
- leprosy
- tumours
- edema
- lymphatic disorders
- inflammation of the throat and epiglottiditis
- swelling of feet
- gout and rheumatism
- specifically for renal disorders

Dosage
1gm daily with hot water

108. rNO-mCHOG 6 (Noh-chog) – SHARPEST 6

Composition
Terminalia chebula, Carthamus tinctorius, Veronica ciliata, Saussurea lappa, Commiphora mukul, musk

Use and Action
- headache from inflammations, blood, and *mKhris-pa* disorders

Dosage
2–3gms daily with hot water

109. sNGO-sBYOR rMA-sMAN (Ngo-jhor mah-mhen) – HERBAL FORMULATION OF WOUND MEDICINE

Composition
Rubus idaeopsis, Taraxacum tibeticum, Oxytropis chiliophylla, Lamiophomis rotata

Use and Action
- subsides inflammation of wounds and stops bleeding

Dosage
1–2gms either taken orally or may be applied directly to the wound

110. sNYA-LO gSUM-THANG (Nya-lo soom-thung) – DECOCTION OF POLYGONUM 3

Composition
Polygonum periginatoris, Rubia cordifolia, Aconitum heterophyllum

Use and Action

- anti-inflammatory
- controls diarrhea brought about by inflammation of the intestines
- antipyretic

Dosage

2–5gms decocted to 1/3rd water level and to be taken twice daily

111. 'OL-SE 27 (Wall-say) – PODOPHYLLUM 27

Composition

Podophyllum emodii, Rubia cordifolia, Emblica officinalis, Punica granatum, snake meat, Hedychium spicatum, Mirabilis himalaica, Onosma hookeri, Cinnamomum zeylanicum, saltpetre, Pterocarpus santalinus, Veronica ciliata, Hippophae rhamnoides, salammoniac, Aquilaria agollocha, Corydalis sp., sodium chloride, Myristica fragrans, bear's bile, Inula racemosa, Coriandrum sativum, Piper nigrum, vermilion, Aconitum heterophyllum, Cupressus torulosa, Terminalia chebula, cinnibar

Use and Action

- balances *rLung* and blood
- thins out coagulated blood
- promotes normal flow of menses and its normal colour
- headache due to *Bad-rlung*
- pain at the back of neck
- pain at the hips, kidneys, and lower intestines

Dosage

2–3gms thrice daily with hot water

112. PAD-MA 'DAB-brGYAD (Peh-ma dhab-geh) – EIGHT LOTUSES

Composition

Punica granatum, Cinnamomum zeylanicum, Eugenia caryophyllata, Commiphora mukul, Herpetospermum caudgerum, Terminalia chebula, Rosa sericea

Use and Action

- *Bad-kan sKya-bo*[21]
- *Bad-kan sMug-po*
- *Bad-mkhris*
- combination of *rLung*, *mKhris-pa*, and *Bad-kan* or either two
- in particular, this drug is very effective against *Bad-kan Ser-po*[22]

  Note: if the above disorders are accompanied by difficulty in swallowing, add calcite

Dosage

2–3gms once a day with hot water

113. PHAN-PA KUN-IDAN (Phen-pa küen-then) – POSSESSING ALL BENEFITS

Composition

Datura sp., Commiphora mukul, Terminalia chebula, Oxytropis chiliophylla, salt, Aconitum balfourii, Acorus calamus, Curcuma longa, Embelia ribes, Butea frondosa, musk

Use and Action

- subsides inflammations and alleviates pain
- inflammation of throat, lungs, and the eyes
- controls spreading fever
- swelling of tongue, gums, and the palate

Dosage
0.1–0.2gms once or twice daily with hot water

114. sPANG-KHRAG RIL-BU (Phung-tragh rheel-bhoo) – BLOOD GENTIAN PILL

Composition
Gentiana filistyla, Glycyrrhiza glabra, Santalum album, Inula racemosa, Terminalia chebula, Saussurea lappa, Aquilaria agollocha, calcite, Terminalia belerica, Veronica ciliata, Bambusa textilis, Tinospora cordifolia, Eugenia caryophyllata, Myristica fragrans, Emblica officinalis, Onosma hookeri, Melia composita, Rhodiola sp.

Use and Action
· antipyretic
· subsides cough
· expectorant
· inflammation of lungs

Dosage
2–3gms thrice daily with hot water

115. sPANG-rGYAN 10 (Phung-gyen) – GENTIANA 10

Composition
Gentiana algida, Glycyrrhiza glabra, Corydalis sp., Berberis dictyophylla, Phlomis kawaguchii, Rhododendron aff. cephalanthum, Datura sp., Fritillaria delavayi, Codonopsis convolvulacea, Inula racemosa

Use and Action
· anti-inflammatory
· expectorant

- relieves coughing
- inflammation of lungs

Dosage
2–3gms thrice daily with hot water

116. sPANG-rGYAN 15 – GENTIANA 15

Composition
Gentiana algida, Santalum album, Terminalia chebula, Terminalia belerica, Emblica officinalis, Bambusa textilis, Saussurea lappa, Melia composita, Eugenia caryophyllata, Myristica fragrans, Tinospora cordifolia, Aquilaria agollocha, Veronica ciliata, Rhodiola sp., Glycyrrhiza glabra.

Use and Action
- anti-inflammatory
- bronchodialator
- expectorant
- subsides cough
- shortness of breath
- hoarseness
- blood in sputum

Dosage
2–3gms thrice daily with hot water or can be chewed

117. sPANG-rTZI 12 (Pang-tzi) – PTEROCEPHALUS 12

Composition
Pterocephalus hookeri, Aconitum heterophyllum, Oxytropis chiliophylla, Aconitum violaceum, Hypercoum leptocarpum, Bambusa textilis, Carthamus tinctorius, elephant's gallstone, Santalum album, mineral pitch, musk, Commiphora mukul.

Use and Action

- fever from inflammations
- subsides severe infections

Dosage

2–3gms daily with hot water

118. sPOD-dKAR 10 (Poeh-kar) – CAMPHOR 10

Composition

Commiphora camphora, Terminalia chebula, Terminalia belerica, Emblica officinalis, Cassia tora, Cannabis sativa, Saussurea lappa, Tinospora cordifolia, Veronica ciliata, mineral pitch

Use and Action

- dries up blood serum and uric acid
- inflammation and pain in the joints of the extremity
- skin eruptions

Dosage

2–3gms twice daily with hot water

119. sPOD-KHYUNG 15 (Poeh-kyoong) – GARUDA OF CAMPHOR 15

Composition

Commiphora camphora, Cassia tora, Cannabis sativa, Terminalia chebula, Terminalia belerica, Emblica officinalis, Veronica ciliata, Tinospora cordifolia, Acacia catechu, musk, mineral pitch, Saussurea lappa, Commiphora mukul, Acorus calamus, Aconitum balfourii

Use and Action

- anti-inflammatory
- analgesic

- dries up uric acid
- swelling, itching, and pain of the joints which turn reddish-brown

Dosage
1–2gms before bedtime with hot water

120. sPRIN-BRAL ZLA-ZER (Tin-dell dha-serr) – CLOUD-SEPARATING MOONBEAMS

Composition
Carthamus tinctorius, Santalum album, Bambusa textilis, Picrorhiza kurroa, Veronica ciliata, Aconitum heterophyllum, Swertia chirata, elephant's gallstone, Saussurea lappa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Terminalia chebula, Terminalia belerica, Emblica officinalis

Use and Action
- the following disorders localized in the vital or hollow organs[23]
  - *mKhris-pa*
  - blood
  - infectious fever
  - acute or chronic fever

Dosage
2–3gms once at noon with hot water

121. RIL-dMAR (Rheel-marr) – RED PILL

Composition
Aconitum balfourii, Terminalia chebula, Commiphora mukul, molasses

Use and Action
- anti-inflammatory
- analgesic
- specifically for fast spreading inflammations of the throat, cold chills, and pain all over the body

Dosage
0.5gms once daily. *Precaution*: This medicine should not be given to those who are pregnant, children, old people, and those with very weak constitutions.

122. RU-KHUNG RIL-BU (Rhoo-kyoong rheel-rhoo) – PILL OF SAUSSUREA GARUDA

Composition
Saussurea lappa, Emblica officinalis, Punica granatum, Veronica ciliata, Elettaria cardamomum, Piper longum, Terminalia chebula, Commiphora mukul, Acorus calamus, Aconitum spicatum, musk

Use and Action
- anti-inflammatory
- analgesic
- emesis of sour and watery vomitus

Dosage
2–3gms twice daily with hot water

123. RU-rTA 6 (Rhoo-tha) – SAUSSUREA 6

Composition
Saussurea lappa, Emblica officinalis, Punica granatum, Veronica ciliata, Elettaria cardamomum, Piper longum

Use and Action

- *Bad-kan sMug-po*
- colic
- eructation and gastritis
- inflammation of stomach
- emesis and nausea
- flatulence

Dosage

2–3gms daily either in the morning or at night with hot or warm water

124. RU-rTA 10 – SAUSSUREA 10

Composition

Saussurea lappa, elephant's gallstone, Emblica officinalis, Piper longum, Terminalia chebula, Elettaria cardamomum, Veronica ciliata, Embelia ribes, Datura stramonium, Punica granatum

Use and Action

- stomachal pains due to intestinal parasites
- inflammation of stomach

Dosage

2–3gms daily with hot or warm water

125. RU-rTA 13 – SAUSSUREA 13

Composition

Saussurea lappa, Emblica officinalis, Embelia ribes, Piper longum, Punica granatum, Elettaria cardamomum, Veronica ciliata, Dracocephalum tanguticum, Hedychium spicatum, Coriandrum sativum, Meconopsis grandis, ash, Corydalis sp.

Use and Action

- *Bad-kan sMug-po* manifesting the following symptoms:
  - stomachal pains
  - emesis of sour and watery vomitus
  - sudden acute and burning sensation in the stomach
  - eructation
  - dry feces

Dosage

2–3gms twice daily with hot water

126. Ru-ZHI'I RIL-BU (Rhoo-she rheel-bhoo) – PILL OF PACIFYING SAUSSUREA

Composition

Calcite, soda, Hedychium spicatum, Piper longum, Emblica officinalis, Saussurea lappa, Veronica ciliata, Inula racemosa, Rheum emodi, Terminalia chebula, Elettaria cardamomum, Punica granatum

Use and Action

- stomachal tonic
- digestive and anti-colic
- laxative
- eructation and heartburn

Dosage

2–3gms twice daily with hot water

127. Se-'BRU 4 (Seh-drho) – POMEGRANATE 4

Composition

Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum, Hedychium spicatum

Use and Action
· indigestion
· flatulence
· coldness of extremity
· increases metabolism

Dosage
2–3gms once daily with hot water: preferably during the morning on empty stomach

128. Se-'BRU 5 – POMEGRANATE 5

Composition
Punica granatum, Cinnamomum zeylanicum, Piper longum, Elettaria cardamomum, Hedychium spicatum

Use and Action
· increases stomachal heat
· digestive
· carminative
· provides heat to extremity
· relieves pain in the kidneys and hips due to lack of stomachal heat

Dosage
2–3gms daily with hot water: preferably in the morning on empty stomach

129. SE-'BRU 11 – POMEGRANATE 11

Composition
Punica granatum, Malva verticillata, Cinnamomum zeylanicum, Angelica sp., Carthamus tinctorius, Asparagus spinosissimus, Polygonatum cirrhifolium,

Tribulus terrestris, Piper longum, Elettaria cardamomum, Mirabilis himalaica

Use and Action

- indigestion
- 'cold' kidney disorder giving rise to lack of heat and pain in the renal area
- polyurea
- lack of sexual urge
- seminuria

Dosage

2–3gms twice or thrice daily with hot water

130. Se-'BRU 12 – POMEGRANATE 12

Composition

Punica granatcm, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Cinnamomum zeylanicum, Piper longum, Foeniculum vulgare, Terminalia chebula, sodium chloride, Carthamus tinctorius, black salt, Hedychium spicatum

Use and Action

- accumulation of *rLung* in the intestines giving rise to rumbling sounds, flatulence, and pain

Dosage

2–3gms once daily with hot water: preferably in the morning on empty stomach

131. SE-'BRU 15 – POMEGRANATE 15

Composition

Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum, Piper longum, Hedychium spica-

tum, Polygonatum cirrhifolium, Tribulus terrestris, Mirabilis himalaica, Asparagus spinosissimus, Angelica sp., Terminalia chebula, Saussurea lappa, Acorus calamus, musk, Aconitum balfourii

Use and Action

- 'cold' disorder of kidneys
- inflammation of the nerves
- weakness of kidneys
- rheumatism

Dosage

2–3gms daily with hot water

132. SE-'BRU 25 – POMEGRANATE 25

Composition

Punica granatum, sal-ammoniac, Eugenia caryophyllata, black salt, sodium chloride, Swertia chirata, Carthamus tinctorius, Terminalia chebula, Bambusa textilis, Emblica officinalis, Amomum subulatum, Cinnamomum zeylanicum, Zingiber officinale, Piper nigrum, Piper sp., cowrie ash, Elettaria cardamomum, Picrorhiza kurroa, Terminalia belerica, Myristica fragrans, Cucurbita pepo, Saussurea lappa, Inula racemosa, saltpetre

Use and Action

- increases stomachal heat
- digestant
- disruption of normal stomachal and intestinal function
- stomachal pains
- coldness of extremity

Dosage

2–3gms twice daily with hot water

133. SE-'BRU KUN-bDE (Seh-drhoo küen-dhey) – CONTINUOUSLY COMFORTING POMEGRANATE

Composition

Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum, Piper longum, Carthamus tinctorius, Coriandrum sativum, Picrorhiza kurroa, Veronica ciliata, mineral pitch, Emblica officinalis, Saxifraga pasumensis, Thlaspi arvense, Malva verticillata, crab shell, Dracocephalum tanguticum, Pterocephalus hookeri

Use and Action

- increases stomachal and renal heat
- digestant
- pain in the hips and kidneys
- swollen eyelids and feet

Dosage

2–3gms twice daily with hot water

134. SE-'BRU RIL-dKAR (Seh-drhoo rheel-kar) – WHITE PILL OF POMEGRANATE

Composition

Punica granatum, limestone, Hedychium spicatum, Piper longum, Piper nigrum, saltpetre, sodium chloride, black salt, Terminalia chebula

Use and Action

- increases stomachal heat
- destroys 'cold' tumours
- digestive
- constant emesis
- eructation and flatulence

Dosage
2–3gms twice daily with hot water

135. SE-YAB 6 (Say-yab) – CHAENOMELES 6

Composition
Chaenomeles lagenaria, Coriandrum sativum, Hedychium spicatum, Emblica officinalis, Inula racemosa, Saussurea lappa

Use and Action
- for *mKhris-pa* and at the same time does not increase *Bad-kan*

Dosage
2–3gms daily with hot water

136. SEMS-KYI bDE-sKYID (Sim-key dhee-key) – HAPPINESS OF MIND

Composition
Ferula jaeschkeana, Aconitum spicatum, Hedychium spicatum, Piper nigrum, Piper longum, female yak's fat, black salt, Melia composita, Saussurea lappa, Myristica fragrans, Eugenia caryophyllata, Aquilaria agollocha, Mucuna prurita, Areca catechu, rabbit's heart, molasses

Use and Action
- all types of *rLung* disorders
- specifically for *rLung* afflicting the *Srog-rtza* (life-channel) which manifests the following symptoms:
  - anxiety
  - stress
  - irritability
  - lack of concentration

dullness
various mental disorders

Dosage

2–3gms daily with *chang*, broth, or hot water.

Note: According to *Men-ngag bye-ba ring-bsrel* (p. 9, this medicine may be taken with meat, butter, aged molasses, and aged *chang*.

137. SHING-KUN 25 (Shing-küen) – DEVIL'S DUNG 25

Composition

Ferula jaeschkeana, wild yak's heart, Eugenia caryophyllata, Myristica fragrans, Cinnamomum zeylanicum, Hedychium spicatum, Piper longum, Piper nigrum, Commiphora camphora, Commiphora mukul, Punica granatum, Allium sativum, Elettaria cardamomum, Carum carvi, Terminalia chebula, Aconitum balfourii, Aquilaria agollocha, Saussurea lappa, Inula racemosa, Tinospora cordifolia, Acorus calamus, sodium chloride, black camphor, rabbit's heart

Use and Action

- 'external' *rLung* which affects the muscles, skin, nerve, and blood vessels
- 'internal' *rLung* which affects the six vital organs and the six hollow organs
- 'secret' *rLung* which affects the life-governing channel (*Srog-rtza*)
- 'general' *rLung* which pervades throughout the body

Dosage

2–3gms daily with *chang*, broth, or hot water

138. SHING-KUN RIL-BU (Shing-küen rheel-bhoo) – DEVIL'S DUNG PILL

Composition

Ferula jaeschkeana, Acorus calamus, Punica granatum, Hedychium spicatum, Piper longum, Piper nigrum, Clematis montana, Plumbago zeylanica, Heracleum candicans, Chaenomeles lagenaria, Coriandrum sativum, Inula racemosa, Foeniculum vulgare, sodium chloride, Trachyspermum ammi, Terminalia chebula, Saussurea lappa, black salt, Delphinium viscosum

Use and Action

- increases stomachal heat
- digestant
- promotes micturition
- stomachal pains and flatulence
- loss of appetite and emesis
- swelling eyelids and feet
- vertigo

Dosage

2–3gms thrice daily with hot water

139. SHING-mNGAR 6 (Shing-ngar) – CINNAMON 6

Composition

Cinnamomum zeylanicum, Carum carvi, Chaenomeles lagenaria, Embelia ribes, Coriandrum sativum, rice

Use and Action

- balances vitiated *rLung* in the stomach
- antiemetic
- antinauseant

Dosage
2gms thrice daily with hot water

140. SLE-TRES gSUM-THANG (Leh-tay soom-thung) – DECOCTIONAL TINOSPORA 3

Composition
Tinospora cordifolia, mineral pitch, Terminalia chebula

Use and Action
- gout

Dosage
3–5gms once or twice daily

141. SLE-TRES INGA-THANG (Leh-tay nga-thung) – DECOCTIONAL TINOSPORA 5

Composition
Tinospora cordifolia, Terminalia chebula, Terminalia belerica, Emblica officialis, Swertia chirata

Use and Action
- dries up blood serum
- anti-inflammatory
- rheumatism and arthritis

142. SROG-'DZIN 11 (Sogh-zhin) – ELEVEN HOLDERS OF LIFE

Composition
Aquilaria agollocha, Myristica fragrans, Melia composita, Bambusa textilis, Shorea robusta, Saussurea lappa, Terminalia chebula, Mesua ferrea, Eugenia caryophyllata, wild yak's heart, Ferula jaeschkeana

Use and Action

- accumulation of *rLung* in the heart and *Srog-rtza* (life-channels) which disrupts the normal site of intelligence and causes dullness
- pain in upper part of body specially between the shoulders, chest, breasts, and liver
- mental disorders

Dosage

2–3gms daily either in the morning or bedtime with warm or hot water

143. SUG-MEL 10 (Soogh-mel) – CARDAMOM 10

Composition

Elettaria cardamomum, Hedychium spicatum, A-'bras, Piper longum, Malva verticillata, sodium chloride, Caesalpinia bonducella, Eugenia jambolana, musk, crab shell

Use and Action

- heals kidney disorders
- removes kidney stones
- clears blockage of the urinary tract
- removes tumours and stones from urinary-bladder

Dosage

2–3gms daily at night with hot or warm water

144. ZHI-gSER RIL-BU (She-sayr rheel-bhoo) – PACIFYING HERPETOSPERMUM PILL

Composition

Inula racemosa, soda, Hedychium spicatum, Punica granatum, Terminalia chebula, Rheum emodi, black camphor, calcite, mineral pitch, Herpetospermum caudgerum

Use and Action

- increases flow of bile
- increases flow of digestive enzymes
- 'cold' *mKhris-pa* and stomachal disorders from sedentary life-style

Dosage

2–3gms thrice daily with hot water

145. bSAM-'PHEL NOR-BU (Sahm-phel nor-bhoo) – MIND-INCREASING JEWEL

Composition

Carthamus tinctorius, Bambusa textilis, oyster shell, Eugenia caryophyllata, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Santalum album, Pterocarpus santalinus, Aquilaria agollocha, Terminalia chebula, Glycyrrhiza glabra, Verbascum thapsus, Terminalia belerica, Emblica officinalis, Foeniculum vulgare, Nigella sativa, Piper longum, Zingiber sp., Cinnamomum zeylanicum, Cinnamomum camphora, Cassia tora, deer's antlers, Cannabis sativum, Inula racemosa, Saussurea lappa, crab shell, Fragaria nilgeernsis, elephant's gallstone, musk

Use and Action

- inflammation of nerve and blood channels
- tonifies the brain and the spinal cord
- dries up blood serum and uric acid
- contraction of the extemity
- contortion of mouth and eyes
- malfunction of the senses
- pain in kidneys, hips, and vertebrae
- difficulty in extending or contracting the extremity

Dosage

2–3gms twice daily with hot water

146. gSER-mDOG 5 (Sayr-dhog) - GOLDEN COLOUR 5

Composition

Terminalia chebula Punica granatum, Herpetospermum caudgerum, mineral pitch, black camphor

Use and Action

- *mKhris-pa* and *rLung*
- indigestion
- stomachal and intestinal pain along with frequent rumbling
- bitter taste in mouth
- yellow sclera

Dosage

2–3gms daily at noon with hot water

147. gSER-mDOG 11 – GOLDEN COLOUR 11

Composition

Terminalia chebula, black camphor, Aconitum heterophyllum, Embelia ribes, musk, Aconitum spicatum, Hypercoum leptocarpum, mineral pitch, Punica granatum, Herpetospermum caudgerum, Rosa sericea

Use and Action

- clears the sense of taste
- descending of *mKhris-pa* into the vessel organs and manifesting the following symptoms:
  pain in stomach and intestines
  nausea and headache
  tumour in gall-bladder
  indigestion
  halitosis

Dosage

2.6–2.8gms daily at noon with hot water

148. gSER-THANG 18 (Sayr-thung) - GOLDEN DECOCTION 18

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis, Inula racemosa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Pterocarpus santalinus, Aquilaria agollocha, Saussurea lappa, Myristica fragrans, Eugenia caryophyllata, Acacia catechu, Strychnos noxvomica, Meconopsis horridula, Caragana franchetiana, Commiphora camphora, Commiphora mukul

Use and Action

- 'bad' blood that has accumulated in lower part of body
- analgesic
- beginning of a '*Bam* dosorder that manifests the following symptoms:
  - swelling and reddish-brown gums
  - difficulty in breathing
  - pain in upper region of back

Dosage

- 3–5gms decoct to 1/3rd water level and take thrice daily

149. gSER-TIG RIL-BU (Sayr-theek rheel-bhoo) - GOLDEN FELWORT PILL

Composition

Terminalia chebula, Swertia chirata, Punica granatum, Herpetospermum caudgerum, Rubus idaeopsis, Ixeris gracilia, black camphor, Aconitum heterophyllum, Picrorhiza kurroa, mineral pitch, Saussurea lappa, Chrysosplenium nepalense, Hypercoum leptocarpum

Use and Action
- inflammation of the gall-bladder
- promotes bile secretion
- promotes appetite
- 'yellowish eye *mKhris-pa* disorder' manifesting the following symptoms:
  - pain in hepatic region
  - pain in stomach
  - nausea
  - emesis
  - bitter taste in mouth

Dosage
2–3gms twice daily with hot water

150. bSE-RU 25 (Say-rhoo) – RHINO 25

Composition
Rhinoceros's horn, deer's antlers, Myristica fragrans, Eugenia caryophyllata, Elettaria cardamomum, Bambusa textilis, Amomum subulatum, Crocus sativus, Saussurea lappa, Santalum album, Pterocarpus santalinus, Mesua ferrea, mountain goat's horn, Cassia tora, Cannabis sativum, Foeniculum vulgare, Meconopsis grandis, Veronica ciliata, elephant's gallstone, Geranium sp., Terminalia chebula, Emblica officinalis, Hippophae rhamnoides, Onosma hookeri

Use and Action
- general pulmonary disorders
- specifically for removal of pus, blood, or serum in the lungs

Dosage
2–3gms daily either in the morning or at noon with hot water or milk

151. THANG-CHEN 25 (Thung-chin) – GREAT DECOCTION 25

Composition

Terminalia chebula, Terminalia belerica, Inula racemosa, mineral pitch, Chaenomeles lagenaria, Adiantum pedatum, Picrorhiza kurroa, Gentiana straminea, Dracocephalum tanguticum, Carthamus tinctorius, Emblica officinalis, Vladimiria souliei, Punica granatum, dried blood, Coriandrum sativum, Aconitum heterophyllum, Gentiana urnula, Myricaria bracteata, Aster souliei, Veronica ciliata, Hypercoum leptocarpum, Swertia chirata, Meconopsis grandis, Elettaria cardamomum, Herpetospermum caudgerum

Use and Action

- used primarily to facilitate the proper recognition of various disorders (specially compounded poisons, *Bad-kan sMug-po*, and chronic fever), that have spread and needs to be drawn back to their original source
- balances bodily temperature
- increases appetite
- controls epistaxis
- heals *Bad-kan* and *mKhris-pa*
- for frequent lethargy, thirst, stomachal and hepatic pains, inflammation of channels and ureter
- menorrhagia

Dosage

2–3gms daily either in the morning or at night with hot water

152. TIK-TA 8 (Theek-tha) – FELWORT 8

Composition

Swertia chirata, Herpetospermum caudgerum, Aconi-

tum heterophyllum, Saussurea lappa, Hypercoum leptocarpum, Picrorhiza kurroa, Ixeris gracilis, Berberis dictyophylla

Use and Action

- inflammation of *mKhris-pa* which manifests the following symptoms:
  - headache
  - high fever
  - nausea
  - bitter taste in mouth
  - yellow sclera, tongue, and skin
  - lethargy and sleepiness at daytime

Dosage

2–3gms daily at noon with hot water

153. TIK-TA 9 – FELWORT 9

Composition

Swertia chirata, Picrorhiza kurroa, Herpetospermum caudgerum, Aconitum heterophyllum, Berberis dictyophylla, Ixeris gracilis, Chrysosplenium nepalense, Hypercoum leptocarpum

Use and Action

- anti-inflammatory
- antipyretic
- analgesic
- inflammation of gall-bladder and liver

Dosage

2–3gms thrice daily with hot water

154. TIK-TA 25 – FELWORT 25

Composition

Swertia chirata, Swertia petiolata, Phlogacanthus

pubinervius, Herpetospermum caudgerum, Holarrhena antidysenterica, Vitis vinifera, Gentiana tibetica, Aconitum heterophyllum, Myristica fragrans, Terminalia chebula, Saussurea lappa, Bambusa textilis, mineral pitch, Veronica ciliata, Punica granatum, Carthamus tinctorius, Elettaria cardamomum, Piper longum, bear's bile, Eugenia caryophyllata, Acacia catechu, Datura sp., Arenaria glanduligera, lac, Sabina recurva

Use and Action

- general 'hot' and 'cold' *mKhris-pa* disorders manifesting the following symptoms:
  - headache
  - bitter taste in mouth
  - lethargy
  - nausea
  - indigestion

Dosage

2–3gms at noon with hot water

155. TIK-TA INGA-THANG (Theek-tha nga-thung) – DECOCTIONAL FELWORT 5

Composition

Swertia chirata, Aconitum heterophyllum, Berberis dictyophylla, Tinospora cordifolia, Geranium sp.

Use and Action

- anti-inflammatory
- antipyretic
- inflammation of liver and gall-bladder

Dosage

3–5gms to be decocted to 1/3 water level and taken twice daily

156. TZAN-DAN 8 (Tzen-then) – SANDALWOOD 8

Composition
Santalum album, Bambusa textilis, Eugen caryophyllata, Geranium sp., Rhodiola sp., Vin vinifera, Glycyrrhiza glabra, Carthamus tinctorius

Use and Action
- inflammation of lungs
- blood and pus in the lungs

Dosage
2–3gms thrice daily with hot water

157. TZAN-DAN 9 (1) – SANDALWOOD 9 (1)

Composition
Santalum album, Rhodiola sp., Pterocarpus santal: nus, Eugenia caryophyllata, Bambusa textilis, Vin: vinifera, Carthamus tinctorius, Cinnamomum zeyla nicum, Geranium sp..

Use and Action
- anti-inflammatory
- antipyretic
- specifically for inflammation of lungs and pus for mation

Dosage
2–3gms thrice daily with hot water

158. TZAN-DAN 9 (2) – SANDALWOOD 9 (2)

Composition
Santalum album, musk, Carthamus tinctorius, Swerti chirata, mineral pitch, Aconitum heterophyllum Elettaria cardamomum, Terminalia chebula, Mucun prurita

Use and Action
- inflammation of kidneys

Dosage
2–3gms daily with hot water

159. TZAN-DAN 10 – SANDALWOOD 10

Composition
Santalum album, Pterocarpus santalinus, Bambusa textilis, Carthamus tinctorius, Meconopsis grandis, Picrorhiza kurroa, Geranium sp., elephant's gallstone, Swertia chirata, Veronica ciliata

Use and Action
- anti-inflammatory
- antipyretic

Dosage
2–3gms daily with hot water

160. TZAN-DAN 18 – SANDALWOOD 18

Composition
Santalum album, Saussurea lappa, Bambusa textilis, vermilion, Myristica fragrans, Picrorhiza kurroa, Terminalia chebula, Dracocephalum tanguticum, Eugenia caryophyllata, Onosma hookeri, Amomum subulatum, Saxifraga pasumensis, Carthamus tinctorius, Rubia cordifolia, Elettaria cardamomum, Veronica ciliata, elephant's gallstone, Corydalis sp..

Use and Action
- dries up 'bad' blood
- lowers blood pressure
- facilitates the normal flow of *rLung* within the various *rLung* sites

· inflammation of liver, gall-bladder, stomach, and i testines
· for the following symptoms due to 'bad' blood a high blood pressure:
  pain in hepatic region
  brownish colour of lips and fingernails
  hoarseness
  dryness of mouth and tongue
  headache and vertigo
  blurred vision
  pain in upper back and ribs

Dosage

2–3gms at noon with hot water

161. rTA-ZI dMAR-PO (Tah-zhee mahr-po) – RED PONY

Composition

Aconitum balfourii, Oxytropis chiliophylla, Mec nopsis grandis, vermilion, Rubia cordifolia, Bambu textilis, Carthamus tinctorius, musk, Commiphc mukul, Saussurea lappa, Chrysosplenium nepalen Terminalia chebula, Inula racemosa, Pterocephal hookeri, Swertia chirata, Herpetospermum caudg um, Euphorbia sp..

Use and Action

· for all types of contagious and febrile disorders
· specifically for inflammation of lungs and influenz

Dosage

2–3gms at noon with hot water. *Caution*: no alcoh lic beverages and meat should be taken when unc this prescription

162. sTAR-BU 5 (tahr-bhoo) – BUCKTHORN 5

Composition
Hippophae rhamnoides, Glycyrrhiza glabra, Vitis vinifera, Emblica officinalis, Saussurea lappa

Use and Action
- chronic inflammation of lungs
- 'hidden' and 'vitiated' fever
- expels pus and blood from lungs
- suppresses coughing

Dosage
2–3gms once or twice daily with hot water

163. rTZA-THAG 13 – (Tza-thak) – GRASS-ROPE 13

Composition
Iris ensata, Rubia cordifolia, sKag, Symplocos crataegoides, crab shell, Datura stramonium, Veronica ciliata, Mucuna prurita, A-'bras, Caesalpinia bonducella, Eugenia jambolana, Verbascum thapsus, alum

Use and Action
- swelling of the testicles from both a 'hot' and a 'cold' disorder

Dosage
2–3gms daily either in the morning or at night with hot water

164. rTZA-THAG 16 – GRASS-ROPE 16

Composition
Iris ensata, Datura stramonium, Elettaria cardamomum, crab shell, Thlaspi arvense, A-'bras, Caesalpinia bonducella, Eugenia jambolana, Rubia cordifolia,

Onosma hookeri, lac, Cupressus torulosa, Termii chebula, Herpetospermum caudgerum, Mucuna rita, Veronica ciliata

Use and Action

- pain in the kidneys, lower region of intestines, hips
- numbness of legs
- inflammation of the urethra
- swelling of the testicles

Dosage

2–3gms daily with hot water

165. bTZAN-DUG 8 (Tzen-dhook) – ACONITE 8

Composition

Terminalia chebula, Saussurea lappa, Acorus calaı Aconitum balfourii, musk, Commiphora mı Ferula jaeschkeana, sulphur

Use and Action

- for all types of inflammations

Dosage

1–2gms daily with hot water

166. gTZO-BO 8 (Tzo-wo) PRINCIPAL 8

Composition

Carthamus tinctorius, Santalum album, Bam textilis, Picrorhiza kurroa, Veronica ciliata, Acon heterophyllum, Swertia chirata, elephant's galls

Use and Action

- anti-inflammatory
- antidote
- antipyretic

- chronic fever that has spread and needs to be controlled
- excessive thrist
- bitter taste in mouth
- coughing
- pain in vertebrae

Dosage
2–3gms twice daily with hot water

167. YA-SRIN 10 (Ya-seen) – SINUSAL MICROORGANISM 10

Composition
Terminalia chebula, Saussurea lappa, Commiphora mukul, Veronica ciliata, Carthamus tinctorius, Embelia ribes, Butea monosperma, Hyoscyamus niger, Oxytropis chiliophylla, musk

Use and Action
- anti-inflammatory
- analgesic
- inflammation of the eyes, nasal cavity, and pus in the auditory canal

Dosage
1–2gms twice daily at noon and night with hot water

168. YUNG-BA bZHI-THANG (Yoong-wa she-thung) – DECOCTIONAL TURMERIC 4

Composition
Curcuma longa, Berberis dictyophylla, Tribulus terrestris, Emblica officinalis

Use and Action

- antipyretic
- diuretic
- inflammation of urethra

Dosage

3–5gms decocted to 1/3rd water level and taken twic daily

169. gYU-DRIL 13 (Yu-dheel) – ROLLED TUR QUOISE 13

Composition

Saussurea lappa, Emblica officinalis, Punica granatum, Meconopsis grandis, Corydalis sp., Veronic: ciliata, Embelia ribes, Dracocephalum tanguticum Piper longum, bCha-sga, Coriandrum sativum, Elettaria cardamomum, wood-ash

Use and Action

- *Bad-kan* in the stomach
- Development of *sMug-po* giving rise to emesis anc diarrhea
- colic
- indigestion
- vermifuge and certain gynecologic disorders

Dosage

2–3gms daily either in the morning or at night with hot water

170. gYU-rNYING 25 (Yu-nying) – OLD TURQUOISE 25

Composition

Turquoise, pearl, coral, vermilion, Terminalia chebula, iron, Emblica officinalis, mineral pitch, Santalum

album, Pterocarpus santalinus, Veronica ciliata, elephant's gallstone, Saussurea lappa, Meconopsis grandis, Aconitum heterophyllum, Myristica fragrans, Eugenia caryophyllata, Swertia chirata, Terminalia belerica, Bambusa textilis, Carthamus tinctorius, Mesua ferrea, musk, Aristolochia moupinensis, Elettaria cardamomum

Use and Action

For various hepatic disorders manifesting the following symptoms:

pain in the ribs and upper part of back
pale skin
lack of blood
loss of weight
reddish eyes and dark complexion
flatulence and constipation
excessive sleep and thirst
headache
discomfort in cardiac region
blood in sputum
epistaxis

Dosage

2–3gms daily in the morning with hot water

171. gYU-THOG[24] CHU-GANG 25 (Yu-thog chooghung) – gYU-THOG'S BAMBOO PITH 25

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Elettaria cardamomum, Myristica fragrans, Amomum subulatum, Glycyrrhiza glabra, Vitis vinifera, Rhodiola saera, Arenaria glanduligera, Hippophae rhamnoides, Saussurea lappa, Aristolochia moupinensis, Geranium sp., Santalum album, Pter-

ocarpus santalinus, Picrorhiza kurroa, Termina chebula, Emblica officinalis, Terminalia belerica, La cea tibetica, Foeniculum vulgare, Arenaria capillar elephant's gallstone, Artemisia vulgaris

Use and Action

- pulmonary disorders
- pain from inflammation of lungs
- blood in sputum
- inflammation of respiratory tract

Dosage

2–3gms once daily with an extraction of *Rubia cord folia* and *Symplocos crataegoides* and milk

172. ZANGS-THAL 25 (Sang-thell) – COPPER CAI CINE 25

Composition

Copper calcine, rhino's horn, elephant's gallston vermilion, deer's antlers, mountain goat's hor Carthamus tinctorius, Myristica fragrans, Elettai cardamomum, Amomum subulatum, Eugen caryophyllata, Bambusa textilis, Swertia chirata, F crorhiza kurroa, Veronica ciliata, Santalum albur Meconopsis grandis, Mesua ferrea, Incarvillea youn husbandii, Geranium sp., Aristolochia moupinensi Rhodiola saera, Glycyrrhiza glabra, Vitis vinifer Ga-dor

Use and Action

- all types of lung inflammations
- specifically for difficulty in breathing and coughing

Dosage

2–3gms daily with hot water

173. ZHI-BYED 6 (Zhee-jay) – PACIFIC 6

Composition

Terminalia chebula, Rheum emodi, Saussurea lappa, sodium chloride, Hedychium spicatum, soda

Use and Action

- indigestion
- flatulence
- anticolic
- laxative
- difficulty in expelling fetus and placenta
- clears normal pathway of *rLung.Thur-sel*

Dosage

2–3gms once or twice daily with hot water

174. ZHI-BYED 29 – PACIFIC 29

Composition

Inula racemosa, calcite, Terminalia chebula, soda, Plumbago zeylanica, Myristica fragrans, Piper longum, Cassia tora, Elettaria cardamomum, Adiantum pedatum, Piper nigrum, radish ash, Amomum subulatum, sodium chloride, Ferula jaeschkeana, saltpetre, Zingiber officinale, Rheum palmatum, Tinospora cordifolia, ash of cowries, Carthamus tinctorius, limestone, soot, Aristolochia moupinensis, Commiphora camphora, mineral pitch, Cannabis sativa, black salt, Hedychium spicatum

Use and Action

- analgesic
- disintegrates tumours
- increases biliary secretions
- digestant
- relieves stomachal, intestinal, and hepatic pain
- facilitates the breaking down of digestive enzymes

Dosage
2–3gms twice daily with hot water

175. ZLA-SHEL CHEN-MO (Dha-shale che-mo) – GREAT CRYSTAL MOON

Composition
Purified mercury, calcite, elephant's gallstone, Carthamus tinctorius, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Bambusa textilis, Eugenia caryophyllata, Santalum album, Pterocarpus santalinus, Herpetospermum caudgerum, Holarrhena antidysenterica, Swertia chirata, Aconitum heterophyllum, Saussurea lappa, Emblica officinalis, Punica granatum, mineral pitch, iron, Dracocephalum tanguticum, aged snow, Commiphora mukul, Taraxacum tibeticum, Rheum nobile, Inula racemosa, Strychnos nuxvomica, Picrorhiza kurroa, Pedicularis oliveriana, Meconopsis grandis, musk, black camphor, bone ash, Terminalia chebula

Use and Action
· antitoxin
· hematemesis or dysentery due to *Bad-kan sMug-po*
· chronic fever, hidden fever, and spreading fever
· indigestion
· acute stomachal pain due to colic
· antiparasitic
· lymphatic disorders

Dosage
2–3gms once at noon with warm water

NOTES

1. *rLung* (Loong) is one of the three main processes within the body (the other two are *mKhris-pa* and *Bad-kan*) that is in a constant state of dynamic equilibrium. Any disruption of this state of delicate homeostasis, either from improper diet, life-style, or a complete disregard to the change in climatic factors, brings about a dis-order.

   The primordial origin of *rLung* is recognized at two entirely different levels, namely, the spiritual or mental level and the physical or material level. The mental origin of *rLung* is due to the intrinsic nature of the human specie who is constantly subject to the basic emotions of attachment, desire, greed, quest for power, ambition and so on. The physical origin of *rLung* is Air—one of the Five Proto-elements (the others are Fire, Water, Earth, and Space) that are the building blocks of matter—whose intrinsic quality is coolness, mobile, rough, light, and subtle.

   Although *rLung* is ever present, a favourable condition must arise for it to fully manifest itself as a disorder. These may be climatic (not wearing enough warm clothes in winter), dietetic (excess of cooling foodstuffs such as pork or goat's meat), or the general life-style or behaviour of the patient (malcontent, irritable, under constant tension, stress, anxiety, and so on).

   There are the following five main types of *rLung*: (1) *Srog-'dzin*; (2) *Gyen-rgyu*; (3) *Me-mnyam*; (4) *Khyab-byed*; and (5) *Thur-sel*. For additional information, see Tsarong et al. *Fundamentals of Tibetan Medicine*. Dharamsala: Tibetan Medical Centre, 1981. Distributed by Tibetan Medical Publications, Kalimpong, India and Snow Lion Publications, P.O. Box 6483, Ithaca, N.Y., U.S.A.

2. A Tibetan brewage made from fermented barley or millet.
3. Another name for *rLung Srog-'dzin*. Once this *rLung* manifests itself as a disorder, it primarily afflicts the central nervous system bringing about the following symptoms:
   - wavering or flitting of consciousness
   - difficulty in inhaling
   - difficulty in swallowing
   - constant fear or anxiety
   - insomnia
   - shivering of body
   - excessive sweating

   Prolonged inability to treat this disorder may very well lead to madness or other psychosis.
4. Literally, "darkish-brown *Bad-kan*". This is a *Bad-kan* disorder that is mixed with *rLung*, *mKhris-pa*, blood, and serum. Its immediate cause is an excess of Earth and Water Proto-elements within the body which thereby impair body metabolism (both anabolism and katabolism).
5. A blood disorder which is further aggravated by *rLung* to the muscle tissues, fat, channels (nerves, veins, and arteries), fluids, and the bones. It specifically afflicts the lower extremity: specially the hollow of the knees and the calves.
6. A 'hot' disorder refers either to a *mKhris-pa* or a blood disorder, while a 'cold' disorder refers to either *Bad-kan* or *rLung*. Tibetan medicine, in the same manner as the other great-tradition medicines of mankind, applies these terms to disorders, diet, life-style, and climate.
7. All words should be pronounced according to the English language. Thus, the words: "Ahung", "Thung" or "Phung" should be pronounced in the same manner as in "hung", the past tense of "hang" and not "thoong" or "phoong".
8. Literally, "life channel". It is classified into the *Srog-rtza dKar-po* (referring to the spinal cord) and the *Srong-rtza Nag-po* (referring to the main artery).
9. Literally, "Earth and Water". The origin of the word may well be

a corruption of the Persian word: "*Balgam*" which means the same thing. Centuries before the advent of Buddhism into Tibet, the Tibetan empire was in contact with the Persians and subsequently, this term may well have been borrowed from Greco-Arabic medicine.

Like *rLung* and *mKhris-pa*, *Bad-kan* is one of the main processes within the body that causes disorders. Its primordial origin at the mental level is the basic trait of ignorance and delusion which all humans share. At the physical level, the primordial causes of this disorder are the Earth and Water Proto-elements. Again, as in the case with *rLung* and *mKhris-pa*, a favourable condition or contributing factor is essential for the disease to fully manifest itself and these conditions may be due to diet (excess of sugar or cold food), climate (winter or the rainy season), and the general life-style (sedentary) of the patient. The five types of *Bad-kan* are: (1) *rTen-byed*; (2) *Myag-byed*; (3) *Myong-byed*; (4) *'Byor-byed*; and (5) *Tsim-byed*. See *Fundamentals of Tibetan Medicine* for further details.

10. An inflammation or fever which has not fully manifested itself through body temperature, the pulse, or the urine.
11. The third main process within the body that is responsible for a disorder. Its mental origin lies in the hatred, anger, aversion, spitefulness, and aggression of man (woman). Its physical origin lies in the Fire Proto-element. Like *rLung* and *Bad-kan*, the contributing factor may be due to diet (excess of nutritious or greasy foodstuffs and beverages like alcohol), climate (summer), and behaviour (living under unsanitary conditions). The five types of *mKhris-pa* are: (1) *'Ju-byed*; (2) *mThong-byed*; (3) *mDog-sel*; (4) *sGrub-byed*; and (5) *mDangs-sgyur*. See *Fundamentals of Tibetan Medicine* for additional information.
12. This disorder is part of a group of sixteen diseases known as *gCong-nad* (Chong-neh) or weakening disorder. It is basically a chronic metabolic disorder in which there is a gradual depletion of the seven bodily sustainers (see note 13). In this case, due to improper metabolism, the liver does not function properly and

the blood becomes 'bad' or impure. There is subsequently a marked increase in blood serum which is then dispersed by *rLung* to various parts of the body. The skin, muscle tissues, and the blood itself are afflicted and the complexion either becomes pale-white or greenish-blue.

13. Literally, "bodily sustainers". These are the following seven: (1) essential nutrients; (2) blood; (3) muscle tissues; (4) fat; (5) bone; (6) marrow; and (7) regenerative fluids and cells.

14. A metabolic disorder in which the essential nutrients and the bodily wastes (sweat, urine etc.) are mixed up and go into the liver. From there, they are discharged between the muscle tissues and the skin.

15. This is a type of *Bad-kan* which afflicts all the vital and vessel organs of the body (see note 23). It is also part of the sixteen *gCong-nad* disorders and deals primarily with the blockage of bodily fluids.

16. Tibetan medicine recognizes 84,000 parasites and microorganisms. The 'cold' parasites or microorganisms do not cause any inflammation or fever.

17. There are six main types of fever and they are: (1) unripened fever; (2) spreading fever; (3) hidden fever; (4) chronic fever; (5) empty fever; (6) muddled or mixed fever.

18. An inflammatory skin disorder.

19. The yogic here refers to the great ascetic Thang-stong rGyal-po (1385–1464 A.D.) who gained fame as a bronze-smith and builder of innumerable chain-bridges in Bhutan and Tibet. He is also believed to have introduced the first Tibetan dance opera. Thang-stong formulated this particular drug which was revealed to him by some *dakinis* (celestial female deities) while he was in deep meditational equipose.

20. Untrained individuals, under no circumstances, should attempt to make these formulations, as Tibetan medicine utilizes quite a few toxic ingredients such as *Strychnos nuxvomica, Aconitum balfourii, Aconitum spicatum*, mercury, lead and so on which must be detoxified and purified before they are finally compounded.

21. Same as *Bad-kan sKya-rbab* (see note 12).
22. Overflowing of bile from the gall-bladder. The pulse becomes slow and weak and the urine colour becomes yellow. There is a lack of appetite and a feeling of fulness in the stomach. This disorder may change into 'cold' *mKhris-pa* or *Bad-kan sMug-po*.
23. The five vital organs are: (1) heart; (2) liver; (3) lungs; (4) spleen; and (5) kidneys. The six hollow or vessel organs are: (1) stomach; (2) large intestines; (3) small intestines; (4) gall-bladder; (5) urinary bladder; and (6) seminal vesicles and ovaries.
24. gYu-thog Yon-tan mGon-po (708–833 A.D.) came from a family of royal court physicians who trace their very beginnings to the time of King Lha-thothori (441–561 A.D.). At a very early age, he showed a keen interest in medicine and frequently accompanied his father during visits to patients. During his teens, he was exposed to Buddhism and was particularly inspired by the ancient Buddhist philosophy of medicine and treatment. Subsequently, he visited India on three separate occasions to learn the ancient Buddhist system of medicine known as *gSo-ba Rig-pa* (knowledge of healing). After having thoroughly studied the best of the then known systems of medicine (Chinese, Indian Buddhist, Greco-Arabic, and Tibetan), he finally synthesized them and wrote the *rGyud-bzhi* or the *Four* (Medical) *Tantras*. The *rGyud-bzhi* is the *magnum opus* of Tibetan medicine and because of this unique contribution, gYu-thog is generally recognized as the "Father of Tibetan Medicine".

    After the death of his father, gYu-thog was appointed the royal court physician to King Khri-srong lDe'u-btsan (755–797 A.D.) and founded the first medical school in Tibet at Cong-po Men-lung. During the latter period of his life, gYu-thog was ordained as a monk at Samyé Monastery and was one of the first of Tibetan Buddhist monks. Because of his great contribution to the field of medicine, gYu-thog is highly venerated by all Tibetans as the Second Medicinal Buddha.

TRANSLITERATION

ཀ KA ཁ KHA ག GA ང NGA

ཅ CA ཆ CHA ཇ JA ཉ NYA

ཏ TA ཐ THA ད DA ན NA

པ PA ཕ PHA བ BA མ MA

ཙ TZA ཚ TSA ཛ DZA ཝ WA

ཞ ZHA ཟ ZA འ 'A ཡ YA

ར RA ལ LA ཤ SHA ས SA

ཧ HA ཨ A

ཨི I ཨུ U ཨེ E ཨོ O

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